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When a college student disappeared in Costa Rica last summer, his father — legendary Alaskan adventurer Roman Dial — went searching in Central America's deadliest wilderness. He's still looking.
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Spending less time in the gym isn't just convenient — it's the best way to achieve the results you want.
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DEPARTMENTS

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Banquet

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TRAVEL

THE 50 BEST SANDWICHES IN AMERICA

Whether it's a Cuban at Miami Beach's Las Olas Cafe or the pork-belly *banh mi* at Phorage in Los Angeles, some sandwiches are worth the travel. We polled chefs, critics, and well-fed Americans to find the best road trip–worthy sandwiches.

DRINKS



THE SMALL-BATCH-GIN BOOM

Dozens of independent distilleries are taking a page from the small-batch-bourbon playbook and challenging the big names with their own juniper-infused spirits. Here are the best bottles to grab now.

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A USER'S GUIDE TO TVS

Plasma or LCD? Curved or flat? 3D or HD? There have never been so many features available for televisions. Our experts break down each technology and offer a dozen picture-perfect sets for every price.



HEALTH



THE WEIGHT-LOSS WORKOUT

If you have five pounds to lose, the fastest, most effective (and long-lasting) weight-loss strategy is strength training. Here are our top 10 metabolism-boosting moves you can do at home.

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LETTERS



"THANKS TO CHARLES SIEBERT FOR SHOWING US THE POWER OF POSITIVE THINKING — THE WILL AND PASSION TO LIVE ARE THE ULTIMATE MOTIVATORS."

GEARHEAD

Most gift guides and end-of-the-year "best of" roundups tend to be frivolous and too aspirational, but MJ got 2014 right, keeping the majority of the items attainable and realistic. And the new inclusion of celebrities sharing their favorite gear was a really nice touch!

MAX STEIN, ANCHORAGE, AK

NFL PROTECTOR

I was overwhelmed with emotion as I finished reading Denise White's account of her work with Brandon Marshall and the challenges they faced mitigating the effects of his having an undiagnosed mental disorder ["The Fixer," by Paul Solotaroff]. Conversely, I was incensed by the NFL's lack of respect for White and the positive work she does.

DAVID ALLRED, MONTGOMERY, AL

What's that noise? It's the world's smallest violin playing for all those misunderstood millionaires — the self-entitled, petulant man-children we like to call "NFL players." So every city is filled with conniving women ready to cheat them for all they're worth via bogus sexual-assault claims, and the players are just as pure as the driven snow? Helping coddled players get out of owning up to their mistakes is wrong and only enables them to ignore the consequences of their decisions.

AUSTIN BRIGGS, DENVER



MIND OVER BODY

I'm a registered nurse who has worked with cardiac patients for almost 40 years, and Mr. Siebert's description of himself ["Heal Thyself," by Charles Siebert] could have been any of my patients — the difference was that he approached his diagnosis in a completely unique manner. I plan to keep his story in mind when I talk with my patients.

TERESA MASON, AURORA, CO

A big *mahalo* to Charles Siebert for showing us the power of positive thinking in his experience overcoming a chronic heart condition. I'm a competitive standup paddleboard racer, and there's nothing more motivating than a chance at landing a spot on the podium on race day — except, perhaps, to live another day. The will and passion to live are the ultimate motivators.

JAMES GREGORIO, MARLBORO, NJ

Like Charles Siebert, I, too, have gone through heart failure. A trip to the cardiologist confirmed this but gave me no room for improvement. After bad experiences with different prescriptions and second opinions, a brilliant local doctor advised me: "Don't listen to any discouraging comments," and encouraged hikes in the mountains near my house. I am almost back to normal now. It is possible to make a comeback!

PETE LINDBLOM, CHERRY LOG, GA

LIFE JOURNAL

My wife is an RN and acupuncturist — her training in Western and Eastern medicine gives her unique insights into how the body heals and how nutrition plays such an important role. I can't count how many times she's read an MJ article and remarked how spot-on this publication is about new views on health and healing. There are so many wonderful stories from emotive writers — thanks for continuing to do what you do. I haven't found another magazine that does it better.

STEVE BERGER, NORCROSS, MN



OVER THE WAVE

It was interesting to me that all the key players in Erik Hedegaard's story "Big Wednesday" were the old dogs like Andy Lyon and Allen Sarlo — what entertaining characters! It was great inspiration for an active 58-year-old fighting cancer, like me.

JIM CHRISTIAN, TAMPA

Erik Hedegaard seems a little starstruck by all the shittiest things about surfing and the drama queens the sport fosters: loudmouthed jerks sniveling about their "backyard" being invaded by other jerks "from anywhere but here" — guys with a giant sense of entitlement trying to play the insider to anyone who'll buy it. The beach belongs to no one and should be shared, so we can surf those waves in peace.

PAUL RYAN, BREA, CA

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The World's Longest Race

SINCE OCTOBER, SEVEN ELITE SAILING TEAMS have been competing in the longest — and quite possibly toughest — professional sporting competition, the around-the-world Volvo Ocean Race. Starting in Spain and finishing in Sweden this June, the race will cover 46,000 miles of open ocean. Between stops in 11 ports, including Cape Town, Abu Dhabi, and Auckland, racers spend up to 25 days at sea, tacking and jibing every knot of speed out of their $5 million, 65-foot sloops. "There's a lot of focus on pushing the boat as fast as you can, 24 hours a day," says Chris Nicholson, the skipper of Denmark's Team Vestas Wind. "It's all manual labor." The daily toil of working four-hour shifts on deck, while eating mostly freeze-dried food and making do with a single change of clothes (and no showers), is minor compared to the nearly constant physical risks. Five sailors have died since the first race was held in 1973; the most recent death came in 2005, when a 15-foot wave swept 32-year-old Hans Horrevoets of the Netherlands overboard in the middle of the Atlantic Ocean. In November, Team Vestas Wind (shown here a month earlier in the southern Atlantic) ran aground on a coral reef 230 miles off the coast of Mauritius in the Indian Ocean. "There was no warning," says Nicholson. "It was like running into a glass door." He and his crew spent "an awfully long night getting hit by waves" before they safely abandoned ship near dawn. "This racing is the toughest thing I've seen in sport," says Nicholson. "Everyone gets worn down. And it's a long race." —**MARIELLE ANAS**

photograph by **BRIAN CARLIN**

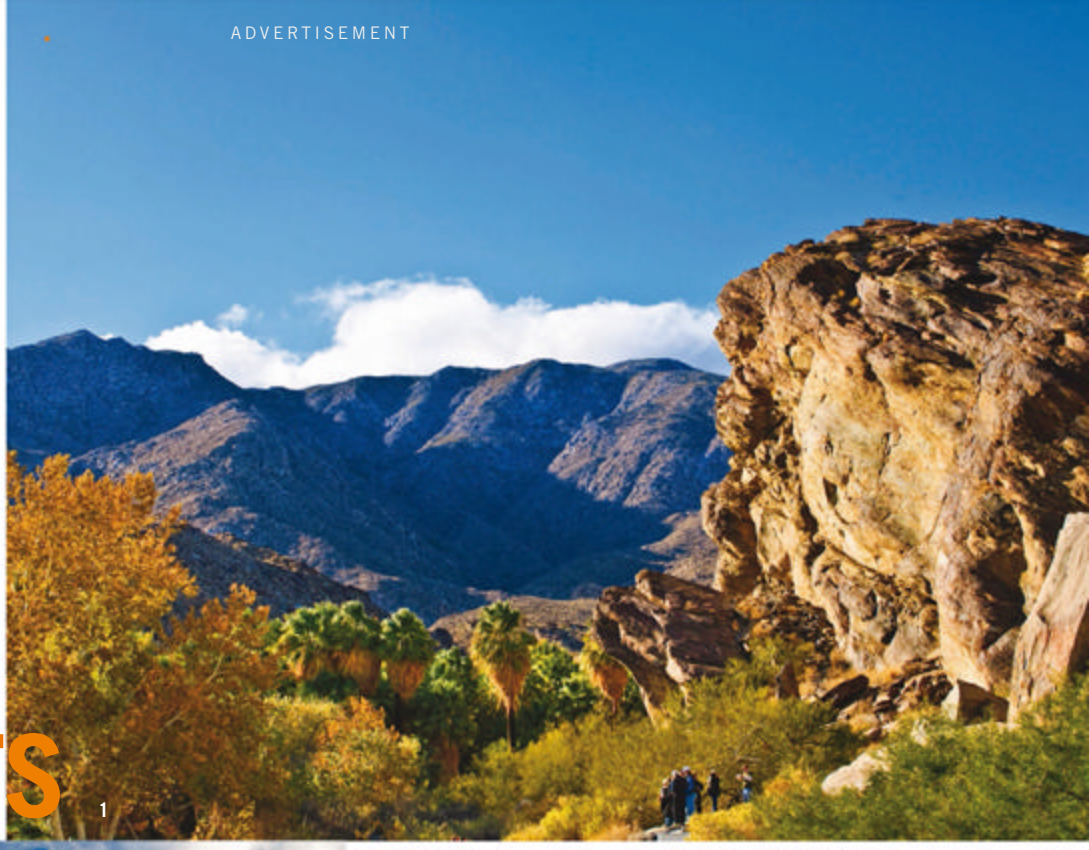

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1 PALM SPRINGS: Coachella

While this multi-weekend festival attracts A-list artists from around the world, the location also offers breathtaking desert and mountain terrain ready to be explored. Check out Joshua Tree National Park. At over 790,000 acres Joshua Tree is the perfect getaway for camping, hiking, climbing, birding and star gazing.

2 DENVER: Red Rocks Amphitheatre

After a show at this picturesque venue, spend some time at Morrison's Dinosaur Ridge Trail. Embark on a 2-mile hike where you'll spot hundreds of dinosaur tracks and have the opportunity to see and touch dinosaur bones that have been fossilized long ago.

3 AUSTIN: SXSW and Austin City Limits

With summerlike weather all year round, Austin is the perfect place to get outside and get active. Don't miss the 10-mile Ann and Roy Butler Trail. It creates a full circuit around the inner-city shores of Lady Bird Lake making it convenient to hit the trails without leaving the city.

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by **DAVID BROWNE**



Holtorf and his truck, Otto, blazed a rocky path through South Africa in 1989.

Road Trip Across the World

A German executive quit his job, bought a Mercedes SUV, and drove it around 177 countries — more than any other car in history.

GUNTHER HOLTORF wasn't out to set any records; he just wanted a new life. In 1988, the then 51-year-old German airline executive left his job at Lufthansa and bought a rugged Mercedes 300GD wagon, which he nicknamed Otto. His only plan was to drive around Africa for a few months. "I always liked to be on the move and be where other people don't go," he says. "And in the early Nineties, Africa was pretty safe."

During that first trip, he explored the Sahara desert in Algeria, Niger, and Mali. "There is no grass, no animals, no insects, no wind," he told a reporter after the trip. "You can listen to the silence." Two years later he returned to the continent with the woman who would become his fourth wife, Christine, for more driving. Neither expected they would end up on distant adventures together for the next two decades.

Holtorf steered Otto into China, Iraq, North Korea — where soldiers monitored his progress at every turn — around the United States, and into the jungles of South America. Eleven years ago in Australia, a group of American tourists asked him how many places he'd visited: Holtorf didn't know. "We just enjoyed traveling and experiencing the countries," he says.

RECORD BOOK

By the time Holtorf, who is now 77 years old, decided to conclude his pursuits last fall, he had traversed 549,000 miles, driving Otto in 177 countries — the most ever visited by the same vehicle.

Otto was shipped overseas 41 times, at a cost of over $160,000, and each destination came with its own set of challenges. Many of Holtorf's travels took place off-road, and he got stuck in the mud a number of times, though never worse than in the Amazon rain forest. Once, while in Zimbabwe, an elephant stuck its trunk through the passenger-side window to devour a bag of oranges. Another night on the same trip, he woke to find a hyena two feet from his head. "The animal was as shocked as I was," he says. "It assumed I was a dead body ready to be eaten."



In 2004, Mercedes offered to sponsor Holtorf's trips, but he declined, fearing that a car festooned with decals would draw too much attention. For most of the trips, he had no cellphone and no laptop. Instead, Christine kept a diary with pen and paper. The couple cooked their meals on a small gas stove and slept in the back of the truck or in a hammock. (Holtorf contracted malaria eight times.) For safety, they tried to stay near police stations, and usually only for a night in each locale — "before people realize where we are," Holtorf explains. They skipped dangerous spots like Somalia and South Sudan, though trouble couldn't always be avoided: In Papua New Guinea, someone broke his back window in an attempted robbery.

Before last fall, Holtorf considered ending his journeys only once, when, in 2010, Christine passed away after battling cancer. But among her final wishes was that Holtorf go on. "She had a great sense of humor," he says. "She said, 'I'll be sitting on a cloud, monitoring what happens on the ground.'" For the next four years, a photo of Christine hung from the rearview mirror. ■

PREVIOUS SPREAD: BRIAN CARLIN/TEAM VESTAS WIND/VOLVO OCEAN RACE; THIS PAGE: DAVE LEMKE/HOTSPOT/LANDOV (2)



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TRAVEL



Each of Dunton Hot Springs' cabins was originally built by miners in the 1800s.

LUXURIOUS GHOST TOWN

Dunton Hot Springs, Dolores, Colorado

This resort, 70 miles southwest of Telluride, has earned a reputation as a luxe spa for indulging in rock massages and alfresco hot-spring soaks. But its 12 19th-century mining cabins, constructed by prospectors who flocked to the area seeking gold and silver, are the highlight. Each has been renovated with modern amenities and has its own name and distinct feel, from a one-bedroom cabin built around an indoor hot spring to a new canvas and reclaimed lumber tent with a wood-burning stove inside. The former saloon is now a dining hall that serves meals with ingredients plucked from nearby meadows. And from your front door, you can hike either of the 14,000-foot peaks surrounding the lodge, fly-fish the west fork of the Dolores River, or mountain-bike Stoner Mesa Trail's 22 miles of singletrack. "If you just want a walk," says Billy Moffat, who's lived in the valley for 34 years, "you can get up to a 12,000-foot peak called Johnny Bull and see four states. And if you want a climb, you can go up to the meadows and scale Mount Wilson, which is 14,246 feet." Once back at Dunton, check out Colorado's only active geyser, located on the property, then soak in one of the resort's five hot-spring pools. You'll need it. *From $600 per night, meals included; duntonhotsprings.com*

GETTING THERE: Durango, two hours southeast, has daily flights from Dallas, Phoenix, and Denver — and the 85-mile drive is one of the best in the Rockies.

FROM TOP: COURTESY OF DUNTON HOT SPRINGS; RYUJI MORISHITA

PACIFIC COAST CLIFFSIDE HIDEAWAY

Treebones Resort, Big Sur, California

At this remote camp, in Big Sur's Santa Lucia Mountains, the relaxing is all very civilized: Sixteen yurts are set up with wood floors and outdoor decks overlooking the ocean or mountains, and they're all outfitted with queen-size beds, tables, couches, heat, and hot water. When you're tired of listening to the waves crash against the shoreline hundreds of feet below, or the Pacific breeze whistling through the pine boughs, you can walk over to the main lodge to see what the sushi chef has on tap for the evening. During the day, you can hike among centuries-old, towering redwoods in Limekiln State Park, 10 miles away. Or you can drive 25 miles south for one of the West Coast's best sea-kayaking trips, in San Simeon Cove, with harbor seals, sea otters, whales, and dolphins. (Kayak rentals are $10 per hour from Kayak Cambria; kayakcambria.com.) At night, the lodge's restaurant serves farm-to-table fare like wild artichokes with garlic aioli, and roast chicken with truffle sauce. The only thing you'll need is a flashlight, so you can find your way back to your yurt: There's no outdoor lighting that would spoil the mood — or the stargazing. *From $299 per night; treebonesresort.com*

GETTING THERE: Treebones is five hours from L.A., four hours from San Francisco. Book a flight into either one and drive along famed Highway 1 toward the other.



All 16 yurts at Treebones have ocean or mountain views.



The bears come to you at Tundra Lodge.

POLAR BEAR HOTEL

Tundra Lodge, Churchill, Manitoba

There are only 20,000 polar bears left on the planet, and the best place to see them is a 29-room off-road rolling lodge that heads to the bears' summering grounds along Canada's Hudson Bay. "There's this up-close interaction with the bears," says Elisabeth Kruger, who served as the lodge's biologist last summer. "There's nowhere else in the world where you can have that experience." By day, you can watch the bears from an open-air viewing platform. At night, the northern lights provide the entertainment. The lodge is open for seven weeks starting in October. *$7,895 per week; nathab.com*

GETTING THERE: Book a flight into Winnipeg, Manitoba; the lodge rate includes a round-trip flight from there to Churchill.



At Belle Mont Farm, you can pick your own fruit in the orchard.

CARIBBEAN FARM-TO-TABLE RETREAT

Belle Mont Farm, Saint Kitts and Nevis

This 400-acre organic orchard, with its row after row of fruit trees, is like a slice of Napa Valley dropped down in the middle of the Caribbean. PICK ME signs let you know when the pineapples and bananas are ripe for tasting, and farmhands shuttle the coffee beans and cassava to the kitchen, which serves meals at an outdoor table. When you're stuffed on fresh produce, you can head to the beach, a mile away, for sailing and surfing, or just crash in one of the estate's wood-shingled cottages, with decks that overlook nearby Mount Liamuiga, an extinct volcano. "The crater itself is a green oasis," says Belle Mont owner Val Kempadoo, "because it traps water and there's a small lake in the middle of it." Locals call it the Giant's Salad Bowl, and the path to it is through a rain forest filled with African vervet monkeys and native Carib rock drawings — about as far away from hokey wine tours as you can get. *$2,250 per night for one-bedroom cottages; bellemontfarm.com*

GETTING THERE: From the U.S., direct flights leave from Atlanta, Miami, New York, and Charlotte — and none are longer than four hours.

FROM LEFT: GLEN DELMAN/NATURAL HABITAT ADVENTURES; JEAN-PHILIPPE PITER; CEDAR CREEK TREEHOUSE



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by **TIM NEVILLE**

FOUR-DAY WEEKEND

FIFTEEN YEARS AFTER Panama took control of its namesake canal from the United States, the country's capital city has exploded.

Today Panama City feels like a mix of new Miami and Old San Juan, with gleaming skyscrapers soaring over the cobbled warrens of its oldest neighborhood, Casco Viejo, where half a dozen boutique hotels have opened shop in recent years. On one block of the city you'll hear *cumbia* blasting from a neighborhood bar, and on the next you can order a hot dog made from sea bass and topped with aioli. "We have so many influences here to work with," says chef Mario Castrellón. "Now we can finally make Panama our own."

Plus, jungles with howler monkeys press right up against the city, and just outside its limits there are hundreds of miles of deserted beaches — meaning you can jet in and still have time to surf the country's famous swells or sport-fish offshore. Here's how.

DAY 1: TOUR THE CITY WITH FORMER GANGBANGERS

Once plagued by crime, Casco Viejo has been transformed into the city's hippest hood. Sign up for a walking tour with Esperanza, a nonprofit that works with former gang members. Those ex-cons are your tour guides, and they'll explain the history of the area through the crews that ran it. For a mellower introduction to the city, you can stand-up paddle along the Bay of Panama by renting a board from Panama Paddle and Fitness. "You can't hear the traffic, there's no construction — it's just an easy escape," says owner John Boyle.

At night, hit up the most talked-about restaurant in town, the 16-seat Donde José, which opened in January. Twenty-nine-year-old chef José Carles has melded his French-cuisine training with traditional Panamanian staples to make dishes like cold-smoked tilapia and, for dessert, cookies made from *ñampí* — a taro-like root. Afterward, take a walk along the city's newest addition, the Cinta Costera, a waterfront pedestrian area that also hosts open-air concerts.

DAY 2: LAND A BLACK MARLIN

One of the world's largest cold-water currents, brimming with everything from tuna to marlin, is 45 minutes offshore. Victor Juliao, an ex-congressman of Panama City and the lead singer of popular rock band Los 33, now leads tourists in deep-sea pursuit of big sport fish. His expertise on the water is outdone only by his stories about Panamanian politics — meaning the day will be entertaining whether you're reeling in fish or not.

DAYS 3–4: SURF THE COUNTRY'S MOST CONSISTENT SWELLS

Panama is renowned for its beaches, and they're easy to access even if you're visiting for only a long weekend. The best option is to take an easy $100, 40-minute flight to the bohemian enclave of Pedasi. The two-mile-long horseshoe cove of Playa Venao, one of the country's best beaches, has reliable waves year-round, thanks to its exposure to large Pacific swells. Plus, Beach Break Surf Camp, an upscale backpacking hostel for surfers, rents boards and, even better, rooms that are practically on the sand. In other words, you can get in your surfing fix without wasting time getting to the waves — or back to the city. ■

STAYING IN THE CITY: The new American Trade Hotel, owned by Ace Hotels, is a five-story stucco that feels like Old Havana with a dose of capitalism. The Panorama Room has floor-to-ceiling windows and 180-degree views of the city. *From $279; acehotel.com*

CLOCKWISE FROM TOP LEFT: TOM FOWLKS; COURTESY AMBLE RESORT; ATP


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by **JESSE WILL**

The New Rules of Vacation Rentals

Why stay in a hotel when you can score a beach bungalow or slopeside cabin for the same price? Here's how.



TRAVEL NEWS

IN CASE YOU HAVEN'T NOTICED, the sharing economy has exploded. Rental sites alone — including Airbnb, VRBO, OneFineStay, and FlipKey — now list a combined 2 million properties. The boom has fundamentally changed the way we travel. No longer do you need to spend $250 on a single room at some chain hotel. You can now snag a three-bedroom cabin in Aspen for the same price — and have it entirely to yourself. Plus, the sites have made booking rentals easier and safer than ever. Here's the inside advice on how to get the best deals.

1. Look for verified listings

The first thing you should do is read the reviews: If a place is good or bad, you'll learn why here. If you're searching a listing on Airbnb, check to see if the host has been verified, which can give you added confidence in booking. On VRBO, use the HomeAway Payment system, which automatically insures you up to $10,000 against fraud. Whatever you do, really trust your gut. "There are millions of vacation listings," says Jon Gray, a VP at HomeAway, "so there's no reason you have to pick one that you have reservations about."

2. It never hurts to haggle

Emailing with a host before booking provides an easy bellwether for how the stay might go — the quicker and more helpful the response, the better the host. This exchange also gives you the opportunity to ask about a discount, which, if you're staying multiple nights, can be attractive to a host. Just be sure to book through the site for fraud protection.

3. Use the host as a resource

They know the neighborhood, so they can give you an insider's advice. Ask for restaurant recommendations and options for mass transit. Some will even email a guide in advance.

4. Always search multiple sites, but know each site's strength

AIRBNB Best for short stays, travel abroad. Many of its 800,000 listings are primary homes for the hosts renting them, which is why they're more inclined to rent a place for just a few nights — they usually just crash at a friend's place if they get a booking. More than 80 percent of listings are outside the U.S. Paris, for example, has more than 40,000.

VRBO Best for group travel. Most of its 800,000 listings are second homes, so VRBO offers better inventory in vacation destinations like coastal communities and seasonal mountain towns. Jackson Hole alone has almost 700 listings. The downside is that you usually need to book more than two nights (the average stay is one week).

LUXURY RENTALS Best for once-in-a-lifetime trips. These are HomeAway's best and priciest listings, selected via a 75-point checklist. If you want to pop the question in a Greek villa overlooking Mykonos ($867 per night), this is the place (luxury.homeaway.com).

LOVE HOME SWAP Best for home swaps. Rather than offering rentals, this site is a house-swapping service that allows you to, say, trade your New York loft for another in London. But it also does one better: You can loan your home and bank points with the site, which you can use to book another property up to two years later. ■

Travel Using the Peer-to-Peer Economy

GET OUTFITTED
If you need anything from a bike to skis to a backpack, GearCommons will help you get it while traveling in the U.S. Renters list their gear and prices per day. *gearcommons.com*

FIND A GUIDE
Vayable connects travelers with locals who are willing to serve as tour guides. Search by your destination and a list of activities — e.g., art, wine, photography — will appear. *vayable.com*

DINE OUT
If you're craving an authentic dinner cooked by locals, EatWith will connect you to home cooks who throw what are essentially dinner parties for a fixed fee. *eatwith.com*

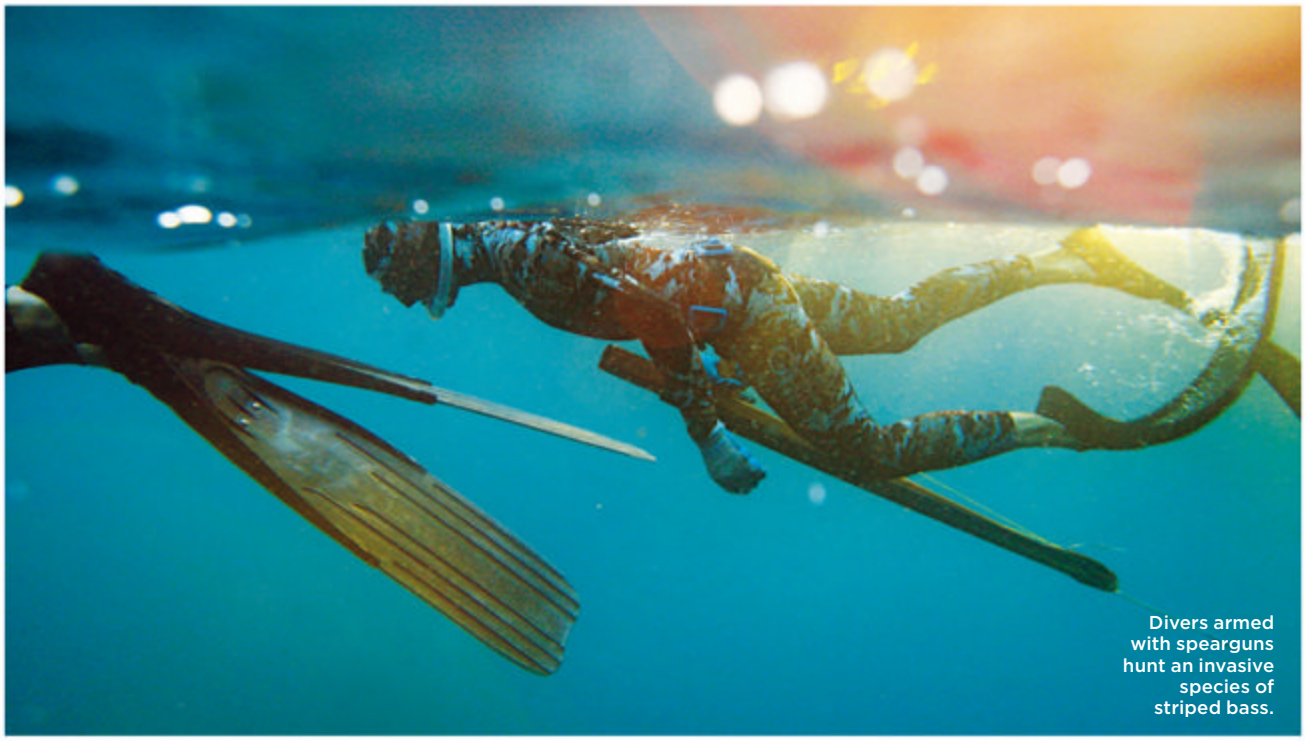
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COLLECTION
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by **JAMES NESTOR**

Fishing's New Frontier

Freshwater spearfishing has become a popular — and controversial — pastime in the waterways of central California.



Divers armed with spearguns hunt an invasive species of striped bass.

THE MORNING AIR on the Sacramento River is thick with mist as we anchor our inflatable motorboat to shore. "I scored some monsters here a month ago," says Paul Young, a 37-year-old plumber with cropped black hair and sleeves of tattoos on both arms. "I'll take the first hunt." He pulls on a camouflage diving suit, swim mask, and snorkel; secures a weighted belt around his waist; and grabs a Rob Allen Tuna 800 loaded with a three-foot spear powerful enough to pierce the fattest part of a 100-pounder. Riding the river's current, he drifts toward a small pool beneath a canopy of willow trees, a hot spot named after a local vagabond said to be serving a life sentence for manslaughter. Young takes a final breath and sinks down into the water. Two minutes pass before he resurfaces, his head ringed in yellow foam and moss. Between his gloved hands is a striped bass about the size of a pit bull. "There's dinner!" he cries. "Beats sitting on your ass all day and waiting for fish to bite, huh?"

DISPATCH

Young is one of a few hundred divers pioneering a new niche sport: deep-sea-style spearfishing, in the waterways of California's Central Valley. Striped bass is not just a prized catch around here; it's an invasive species whose numbers have exploded since first being introduced for recreational fishing over a century ago. In the American and Sacramento rivers, stripers are threatening to push out a number of native fish, including endangered Chinook salmon. But the supply was off-limits to spearfishing until the California Fish and Game Commission lifted the ban two years ago. About 500 miles of relatively calm water with massive fish in every direction is now a spear-fisherman's paradise.



Paul Young is one of the Sacramento River's premier spearos.

Young first learned to spearfish when he was 20 years old, while living in Marin County, north of San Francisco. After he moved 150 miles inland a decade ago, he would still make the trip to his hunting grounds in the Pacific, now a three-hour drive. During his first season in the Sacramento River, he shot a 30-pound striped bass, far bigger than anything he could hope to catch off the coast. He has since spent nearly 100 days exploring the riverbed. "I can't tell you how awesome it is to finally be able to do this in my own backyard," he says. "This is all new territory, too. We're exploring it for the first time."

FROM TOP: LOGAN MOCK-BUNTING; DAVID CUETTER

Not everyone is so thrilled about spearfishing's debut on California's inland waterways. Young and other spearos, as they're called, have dealt with heavy opposition from traditional anglers, many of whom find spearfishing unsportsmanlike and worry it will decimate the bass population. In 2013, a group of Central Valley fishermen began petitioning the state's fish and game commission to recriminalize it. Young has received threats online and on the river. One fisherman tried to ram him with his boat; others have cast lures at him. "It ought to just be banned," says Jim Jones, a rod-and-reel advocate at the California sportsman website Western Outdoor News. "It's like shooting fish in a barrel."

That is, a 20-foot-deep barrel that you enter without air and with 30 pounds of lead strapped to your waist. During the past year, Young has been sucked into whirlpools created by the river current, gotten snagged in tangles of hooks and fishing line, and once landed on a two-foot lamprey, a jawless fish whose circular mouth is filled with razor-sharp teeth for boring holes through the flesh of its prey. "It's a risky sport in general, but when you add big current, bad visibility, and dead trees, it gets really crazy," says Young. "But at least you don't have to worry about great whites!"

We drift downriver, spearing along the way until stars dot the horizon. After six hours fighting currents, avoiding exposed rocks, untangling grass from fins, and generally trying not to drown, it's abundantly clear that this is a far cry from sitting on a dock with a line and bobber. "This takes endurance, fitness, skill, and tons of patience," Young says. "The fact is most people — especially rod-and-reel guys — don't have a big enough set of balls to spear. So they resent us and try to stop us from doing it."

We pull our boat onto Dick Point, a stretch of sand that once had an eight-foot-tall pile of driftwood on it. We roll out sleeping bags on cots coated in raccoon and rat hair. Young lights a grill with gasoline and a plumbing torch. A half-hour later, we sit on the bank, drinking cold beer and eating two-pound striper steaks. "The rod-and-reel guys think we're just killing everything in our path," Young says. "I could have shot a dozen fish today, but I didn't. You get a good one and call it a day. That's what it's all about." ■

LEARN TO SPEARFISH

An expert offers advice on how to start hunting anywhere.

Shooting fish in a river doesn't have to be daunting. "There are some people who get so stressed out about producing fish that they forget to have fun with it," says Greg Fonts, owner of Sacramento's Freedive Shop. "Spearfishing's as complicated as you make it."

Get the gear
A wetsuit, mask, snorkel, fins, weight belt, knife, and speargun cost about $1,000. Proper fit is essential, too, so ask your retailer for help.

Contact Fish and Game
Spearfishing laws can vary. Most states require a license, allow hunting only during certain months, and limit catch.

Find a guide
A shop can connect you with more experienced spearos. Fonts recommends starting with a free-diving course as well: "It'll make you feel more at ease in the water." —**NINA STOLLER-LINDSEY**

ENTERTAINMENT

Where Man Meets Nature

A new documentary series explores how people coexist with wildlife in some of the most remote places on the planet.

WILDLIFE BIOLOGIST M. Sanjayan has an interesting analogy for traditional nature documentaries. "They show you this almost pornographic image of the planet," he says. "It's not even real. It's so beautiful and so unbelievable, and you never see a human being on it."

Sanjayan's new five-part PBS series, *Earth: A New Wild*, which he co-created and hosts, certainly features plenty of spectacular footage, but the truly jaw-dropping moments occur at the intersection — and interaction — of humans with the natural world. Deep in Brazil's Amazon rain forest, bare-chested Surui tribesmen use smartphones and laptops to compute the carbon credit value of the jungle, hopeful that the "natural capital" of their land can stave off exploitation and development. In Indonesia, members of the Elephant Flying Squad ride trained elephants around the Sumatran jungle to protect farmers from potentially fatal confrontations with other stampeding elephants — not only saving lives but also reducing crop damage by more than 90 percent. "I wanted to combine a blue-chip natural history documentary with people stories," Sanjayan says. "And do it in a way that would surprise the audience at every twist."

Sanjayan teamed up with Passion Pictures, the production company behind a string of hit documentaries, including *Restrepo* and *Searching for Sugar Man,* to build complex narratives out of never-before-seen encounters with wildlife in more than two dozen countries. In an attempt to explore animals' notions of "home," he goes parasailing with vultures near Annapurna, helps a lemon shark give birth off the coast of Florida, cradles pandas at a Chinese research facility that retrains bears raised in captivity to survive in the wild, and joins an expedition into "the Intangible Zone" deep within Ecuador's rain forest, which many scientists believe to be the most biodiverse place on Earth.

All of which aims to reveal how the line has blurred between humans and nature — and why Sanjayan believes that's not necessarily a bad thing. "I want people to realize that we are a part of nature," says Sanjayan. "If you start thinking of us as part of the equation, then you realize that saving nature really becomes about saving ourselves." —**MIKE RUBIN**



Sanjayan studies human interaction with the wild.

DAVE ALLEN





Seamus Mullen
THE INTELLIVORE



Under Pressure

Why this often-overlooked appliance is the most powerful time-saving tool in the kitchen.

IN JUST ABOUT every kitchen in all of the 30 or so countries I've cooked in over the last decade — from Vietnam to Venezuela — I've found a well-used pressure cooker. For some reason, here in the U.S. we still have an irrational fear of this amazing tool. It's true that they once were unpredictable. When I was a kid, my health-conscious mother used hers to make beans, soups, and stews, and on more than one occasion, I recall the top exploding and the steam valve shooting straight up and lodging in the ceiling. But they've gotten a lot safer since then. Still, most Americans have yet to discover just how versatile and dynamic a pressure cooker can be. No appliance is better suited to a time-strapped cook who doesn't want to sacrifice the flavor of a slow-cooked meal.

As my mom knew, cooking in a hermetically sealed environment means beans that wouldn't ordinarily be ready for hours will be lush and creamy in less than an hour. But the pressure cooker shouldn't be relegated just to beans. It's perfect for braising meats, stews, and soups. Anything you would normally cook on low heat in, say, a Dutch oven or slow cooker, can be done in a pressure cooker in a fraction of the time. Even better: The high-temperature steam extracts any flavors you add — from herbs to dried chilies, even a slice of bacon.

BEANS

Fixing beans in the pressure cooker doesn't require soaking them overnight or watching as they simmer for hours on end. Just put the ingredients and cooking liquids — wine, stock, water, or a splash of apple cider — into the pot, cover, and lock the lid in place. (As a rule, use 2.5 times the liquid to dry the beans.) Cook over high heat until the pressure cooker begins to whistle, then lower the burner all the way down to a simmer for 45 minutes or so. I love to make white bean hummus. I overcook the beans, strain them, then puree with tahini, lemon, rosemary, a little garlic, and olive oil. Then I serve it with grilled flatbread.

STEWS AND BRAISES

I use my pressure cooker more in the winter, when I crave heartier stews and braises. Rich, flavorful cuts like lamb shanks take several hours to braise, but I simply brown them in the bottom of the cooker, then add some vegetables and a dose of aromatics to concentrate the flavor. These include dried herbs and mild to medium chilies — even an anchovy to add depth of flavor. Add some red wine, stock, and mushrooms. Then simmer for 45 minutes and you'll have a brilliant lamb-shank stew.

SOUPS

There is probably no comfort food more universal than chicken soup. I use legs and thighs and season and sear them in the bottom of the cooker with some olive oil. Then I add root vegetables, sauté them quickly, deglaze with some white wine, add a generous amount of chicken stock, and close the lid and simmer. It takes about 10 minutes to braise the chicken, at which point I remove the lid, season with salt and pepper, stir in a little white miso, if I have it, then fold in some winter greens like mustard greens or kale. ■

THE HARDWARE: BREVILLE'S FAST SLOW COOKER

Somehow Breville managed to combine extreme opposites with a countertop appliance that doubles as a pressure cooker and slow cooker. And it does it without sacrificing safety (there's a release valve for the steam and auto shutoff for the slow cooker) or effectiveness. I can brown meat and sauté veggies in it, and use the intensity of a pressure cooker or the low and slow approach of a slow cooker. *$180; brevilleusa.com*



photographs by **RANDY HARRIS**



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The new Volkswagen Touareg TDI® Clean Diesel. Let the sun shine down through the available panoramic sunroof* on every luxurious detail in the new Touareg, the pinnacle of German craftsmanship. Get comfortable in its 8-way power-adjustable heated front seats and enjoy available new features, like Lane Departure Warning, Autonomous Emergency Braking,** and Adaptive Cruise Control – all of which help offer the invaluable amenity of more confidence on the road. It's everything we've perfected, perfectly combined. **Isn't it time for German engineering?**

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*Available only on select trims. **Do not rely solely on Front Assist with Autonomous Emergency Braking. It is designed to help minimize the effects of certain collisions and is not a substitute for attentive driving. This feature has important limitations; see Owner's Manual for further details. ©2015 Volkswagen of America, Inc.

by **ST. JOHN FRIZELL**

Building a Better Home Bar

All the tools, booze, and recipes you need to bartend for a crowd.

DRINKS

BEFORE FANCY COCKTAIL bars sprouted up in every city in America, it was still possible to get a beautifully presented, delicious mixed drink — you just had to make it yourself. My grandfather Leon sure did. He kept a fully stocked bar in the rec room of his suburban split-level and measured his ingredients with the precision of a retired chemist, which he was. When he asked his guests, "Can I get you something to drink?" he was prepared for any answer.

Today, as professional bartenders have raised drinkmaking to an art form, complete with obscure ingredients and specialty tools, most amateurs have forgotten just how easy it is to make great cocktails. "It takes hours to make a meal for your friends," says Lesley Jacobs Solmonson, co-author of *The 12 Bottle Bar*. "It takes only five minutes to make a great drink, and it can be just as satisfying." Not to mention cost-effective, considering the price of a good cocktail now hovers around $14. It's time to start rolling your own. And the next time guests walk through your door, you can smile and ask them with confidence, "Can I get you something to drink?"

MASTERING THE CLASSIC COCKTAILS

Mixing manhattans and martinis in your sleep? Here are three more drinks that are time-tested crowd-pleasers.

SIMPLE DAIQUIRI

2 oz rum • ¾ oz lime juice • ¾ oz simple syrup

Shake over ice; strain into a chilled cocktail glass.

ROSS COLLINS

2 oz rye • ¾ oz lemon juice • ¾ oz simple syrup • 3 dashes Angostura bitters • 2 orange slices • club soda

Shake rye, lemon juice, syrup, bitters, and orange slices over ice; strain into ice-filled collins glass. Top with club soda.

PEGU CLUB

1½ oz gin • ¾ oz curaçao • ¾ oz lime juice • 1 dash Angostura bitters • 1 dash orange bitters

Shake over ice; strain into a chilled cocktail glass.

photograph by **SAM KAPLAN**

REFERENCE ESSENTIALS

Even the best bartenders turn to cocktail books for inspiration, or to remember what the heck goes in a Rob Roy.



THE 12 BOTTLE BAR
by David Solmonson & Lesley Jacobs Solmonson, $15
For the price of one drink, you can learn how to mix hundreds of recipes and stock your bar with this blog-turned-book. It's great for the novice: easy, smart, and fun to read.



EASY UPGRADE

BARTENDER'S CHOICE *by Sam Ross, $3*
Like a good bartender, this unimpeachable app tailors cocktail prescriptions to your preferences. The results are shockingly simple and always on point.

Tools to Elevate Any Drink

There's a staggering array of cocktail knickknacks on the market today that you don't need. The pros use these essential tools, and so should you.



▲

CHEF'N LIME JUICER, $20
To make good drinks, you need to use fresh lemon or lime juice. This juicer, with wide handles and a ratcheting mechanism, easily presses out every last drop and is particularly convenient when you're cocktailing for a crowd. *williams-sonoma.com*

BOSTON SHAKER SET AND STRAINER, $25
Forget those cute shakers with the built-in strainer and cap (known as *cobblers* in the business). The caps tend to freeze up after your first round of daiquiris and won't thaw until your guests are gone. The classic glass and stainless-steel shaker set, which is better for really frothing a drink, has been serving bartenders well for over 150 years. *thebostonshaker.com*



▲

LEOPOLD COUPE GLASS, $34
The cocktail cognoscenti have made the switch from the classic martini glass to the coupe style. This set of six will instantly lend credibility to any drink you serve. *cocktailkingdom.com*

SUR LA TABLE BAR SPOON, $13
The golden rule of bartending: Shake drinks that contain fruit juice and stir drinks that don't. For stirring, you'll need a long spoon that can reach to the bottom of the shaker and feels light in your hand, like the copper-coated one from Sur la Table. *surlatable.com*

OXO SWIVEL PEELER, $9
For carving out long, wide, lemon, orange, and lime twists, this stainless steel peeler with a nonslip grip is ideal. *whisknyc.com*



▲

EASY UPGRADE

JUMBO RED ICE CUBE TRAY, $8
The way to know if you're in a serious bar? The ice. Big blocks are all the rage because they keep your drink colder without watering it down and, well, they just look cool. These 2-by-2-inch cubes will mark you as a pro. *crateandbarrel.com*

JAPANESE-STYLE JIGGER, $9
Precise measuring of ingredients was once the subject of hot debate in the cocktail community. Now it's the norm, because careful calculating just makes better drinks. *cocktailkingdom.com*

STRAUSS COOLER GLASS, $63
A tall, classy glass will make a collins even more refreshing. This set of 12 doubles as water glasses. *crateandbarrel.com*



THE BASIC BAR

All it takes to make nearly any cocktail your guests will order.

PLYMOUTH GIN ($37) Perfect in a martini, a G&T, or anything else.

RITTENHOUSE RYE WHISKEY ($25) A spicy, high-octane rye that mixes well.

BANKS FIVE ISLAND RUM ($30) Dry and complex, this stuff blows most white rums out of the water.

FOUR ROSES BOURBON ($20) A fine, mellow Kentucky bourbon.

PIERRE FERRAND DRY CURAÇAO ($26) An intense orange liqueur that's great in sidecars, mai tais, and Pegu Clubs.

STOLICHNAYA VODKA ($25) The no-frills Russian classic that still gets the job done.

DOLIN DRY VERMOUTH ($14) A crisp, elegant French vermouth.

CARPANO ANTICA FORMULA VERMOUTH ($32) This robust Italian vermouth is good enough to drink on the rocks with an orange twist.

SIMPLE SYRUP A must in any cocktail bar. Dissolve sugar into an equal volume of hot water, then chill. It'll keep for a month or more in the fridge.

EASY UPGRADE

LUXARDO MARASCHINO CHERRIES ($20) Pricier than those red spheres we grew up with, but so much better. A game changer in a manhattan.

ANGOSTURA AROMATIC AND ORANGE BITTERS ($7 EACH) Bitters are the salt and pepper of the cocktail world. Don't bother with the more obscure flavors until you've got these two.

OPPOSITE PAGE: DRINK STYLING BY ED GABRIELS FOR HALLEY RESOURCES; THIS PAGE: MICHAEL PIRROCCO

by **STAYTON BONNER**

Custom Clothing to Fit Your Budget

From suits to shoes, a complete guide to ordering great, inexpensive tailored clothes online.

ONCE THE HALLMARK of CEOs and guys who couldn't fit into off-the-rack suits, custom-fit clothing is now available to the rest of us — thanks to a rush of start-ups that use technology to bring down the price. These companies make high-quality, individually fitted clothes — from suits to jackets to leather boots — that are affordable and easy to order. "We research unaffordable brands and then help our customers look like those guys," says Kyle Vucko, CEO of Indochino, "because a perfect-fitting $450 suit looks better than a $2,000 one busting at the seams." The companies offer high-end fabrics and made-to-measure fit at a discount by skipping traditional (i.e., pricey) brick-and-mortar stores. They follow roughly the same process: You enter your measurements online, using tools like webcam scanning software, and place an order, customizing details like fabric. The order is reviewed by the company to ensure the proportions are correct (they'll run your measurements against their database and send an email if a number seems off); then the clothes are cut to fit overseas and shipped to your door. Companies will re-tailor the clothes at no extra cost, if necessary. Some even offer showroom fittings and keep off-the-rack brand measurements on file, so if your J.Crew size 38 suit is a great fit but you'd like it in a different fabric, you can get your own tailored version. "There are a million things a guy would rather do than shop," says Mark Lovas, founder of Trumaker. "Our job is to help you do them." From suits to shoes, we've field-tested the goods to find the top tailors.

Madison charcoal bird's-eye suit, $695, by Knot Standard; Howard Street chambray, $105, and knit tie, $100, both by Proper Cloth; Balmoral shoes, $525, by the Left Shoe Company

SUITS

KNOT STANDARD

Price: From $495

The process: Custom software lets you use your webcam to perform a body scan for exact measurements. Or you can follow an online video tutorial and take your measurements with help from a friend.

Specialty: Business suits

The company offers more than 60 styles in a range of fabrics — from a 100 percent worsted-wool navy suit with horned buttons for $495 to suits cut from Italian cotton for $995 — and the most fitting options of any site. Our Italian gray-wool suit fit perfectly, thanks in part to a

FASHION BY BRYNN COLEMAN. STYLING BY YOLANDI GAGNIER

photographs by **GREG BROOM**



MARK NASON.
FOOTWEAR

MARKNASON.COM

full-length horsehair canvas jacket lining, which molds to the body over time.
Delivery time: Three to five weeks

INDOCHINO
Price: From $449
The process: Online video tutorial.
Specialty: Casual suits Indochino knows how to work a deal (its fabrics are sourced mostly from China instead of Italy to cut costs) and ensure a good fit. After finishing the online-measurement process, we were asked to double-check the waistline because it didn't fit with past measurements based on men of similar size in its database. They were right. The resulting 100 percent wool Essential suit isn't made of top-quality cloth, but it fits great.
Delivery time: Four weeks



Essential gray suit, $449, by Indochino; Whitman shirt, $185, by Trumaker; Lombardia tie, $100, by Proper Cloth



From top: Joplin shirt, $148, Stevland shirt, $148, and Delany shirt, $148, all by Trumaker

SHIRTS

TRUMAKER
Price: From $98
The process: A 15-minute fitting with a tailor in your office, then shirts are selected and customized online.
Specialty: Casual business shirts Trumaker doesn't offer online measuring (insisting instead on sending a rep to do it in person) and has a stated noncorporate aesthetic for its brand. "Our signature look is refined rugged," says Lovas, a former Bonobos consultant who left to found Trumaker. The fitting process was fast, not fussy — and resulted in a perfectly fitting 70 percent cotton, 30 percent blue linen chambray shirt (the Faulkner, $185) with our initials monogrammed discreetly on the inside of the collar.
Delivery time: Four weeks

PROPER CLOTH
Price: From $85
The process: Use the expedited "smart size" fitting option to take a few measurements, then simply enter info like weight and height; or use the online video tutorial.
Specialty: Dress shirts made easy Proper Cloth produces a fitted shirt made from high-end fabrics in a fraction of the typical online self-measuring time. Our handsome Canclini herringbone flannel shirt ($160) wasn't as precisely tailored as the Trumaker, but it took only about 10 minutes to order.
Delivery time: Two weeks



COATS

Tailor Store
Price: From $229
The process: Online video tutorial.
Specialty: Light winter coats Based in Sweden, Tailor Store is expanding into the U.S. Its sleek black Sligo coat (65 percent nylon, 35 percent cotton) is midway in length between a regular jacket and a trench — a versatile option for stormy days. Our coat was a perfect fit, stopping right around the hips.
Delivery time: Two weeks

Sligo coat, $274, by Tailor Store; Canclini gray herringbone flannel shirt, $160, by Proper Cloth



SHOES

Left Shoe Company
Price: From $595
The process: 3-D scanning machines in its Los Angeles and New York City shops take a precise rendering of each foot (the company will soon expand with an iPad scanning app and more showrooms).
Specialty: Perfectly sized shoes Left Shoe offers form-fitting shoes, from oxfords and boots to golf spikes. Our Italian-leather Londra oxfords fit snugly at first but are now our go-to favorite.
Delivery time: Six weeks

Londra oxford shoes, $625, by the Left Shoe Company

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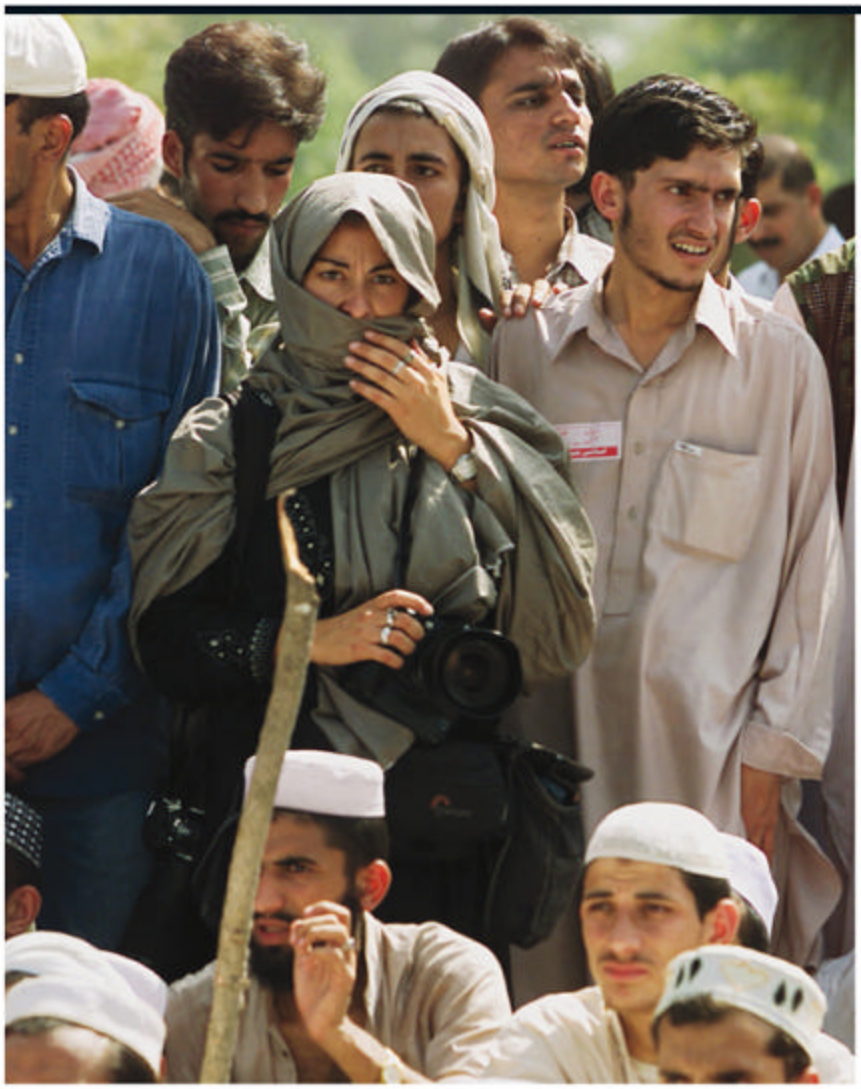
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by **JOSEPH HOOPER**



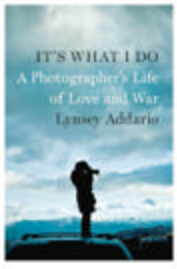
Left: Addario at an anti-American demonstration in Islamabad, Pakistan, in October 2001. Above: During the Libyan uprising in 2011. Addario and the rebels she was covering were sitting ducks in the open desert. "The black smoke was from tires burning in the back of the jeep. The hope was that it obscured the vision of any airplane that tried to drop bombs on us."

War's Eyewitness

In 20 years covering the world's most desperate places, Lynsey Addario has been kidnapped, assaulted, and many times moved to tears. Her new book tells her story.

IN 2009, WHEN THE MacArthur Foundation conferred one of its "genius" grants on photojournalist Lynsey Addario, it rightly rhapsodized about the weirdly beautiful images she's brought back from some of the world's most desperate and conflict-riven places: Iraq, Libya, Afghanistan, Darfur. But it could just as well have credited her with another genius trait — staying alive. In her new book, *It's What I Do: A Photographer's Life of Love and War*, the 41-year-old Addario provides a startlingly candid account of what she's experienced in nearly two decades of journalism. That would include being kidnapped in Iraq's Sunni Triangle; getting pinned down by Taliban sniper fire in Afghanistan's Korengal Valley; and being bound, blindfolded, and groped by Gaddafi's henchmen in Libya during the chaos that preceded the dictatorship's collapse.

Where are you off to now?
I'm going to Saudi Arabia in two days. I just got back from India, where I spent a week photographing child trafficking and bonded labor, and that was fascinating. I went on raids with an NGO, Save the Childhood Movement, literally plucking children out of factories where they'd been basically enslaved. Some are abducted; others are promised a life of going to school and getting paid, and none of them actually receive that.



Are you doing less war photography?
Well, I've spent most of the year in war zones. I've been three times in Afghanistan, twice to Iraq, and once to South Sudan, and all have been intense and with a high level of danger, so right now I'm happy to not be doing that. I am making a conscious effort to not go directly to the front line and not have bullets flying overhead. But unfortunately, as the wars go now, there isn't such a clear front line.

Can you imagine a day when you back away from the hot spots altogether?
I would think that would have happened already given everything I've been through. "Are you addicted to adrenaline?" is a question I get, like, a hundred times a day. I think there were times when I first started out, when I was covering Iraq — I was basically living there in 2003 and 2004 — that car bombs and attacks became so the norm that it was weird for me to leave and realize that no one else actually cared about what was going on there. I felt sort of out of place being amid normal people. Now I don't feel like it's an addiction. I feel a sort of dread when I go on a trip because now I have a son and I think, "Well, I hope nothing happens."

FROM LEFT: ROBERT HARBISON; LYNSEY ADDARIO/GETTY IMAGES REPORTAGE

WHAT DO YOU GIVE THE MAN WHO TAUGHT YOU THE VALUE OF HARD WORK?

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—Joseph Carr, Son & Founder



Josh Carr, circa 1948



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Above: Kandahar, Afghanistan, 2011. "So many land mines had been planted in the country, and so many of the men had lost a limb that when they sat down and relaxed, they just removed their prosthetic limbs. I don't know if this was a victory moment. It might have been more like, 'Now we have peace.'"

Above: This image captures the aftermath of a car bomb planted by Sunni terrorists in Iraq in 2003. "It was here that the war had finally come to us. This was my first time witnessing all these things that would become so commonplace years later." Right: In August 2011, Addario spent five days reporting from Kenya's Dadaab refugee camp, where Somalian refugees like this woman took shelter. "She was so exhausted and dehydrated, she couldn't even eat, and these kids came over and offered her their biscuits when, obviously, it should be the other way around."



You'd like to think you've got an alarm clock in your head, and when it goes off, you'd know it's too dangerous.
And we all think that the longer we do this, that clock is more fine-tuned, but it's not always the case. It literally is a game of odds. If I've been in 20 gun battles and I've been kidnapped twice and two of my drivers have been killed, at some point my number is going to come up. Sometimes I feel that more acutely, and sometimes I am able to say, "Well, maybe that's not my personal fate."

Can you compare terrors? For instance, being taken hostage versus being in a firefight?
There is a degree of powerlessness that comes with kidnapping, but in that powerlessness, you find power and strength. I go into this survival mode, almost Zenlike; I sort of shut down and say, "All I have to do is get through the next X amount of time." In a gun battle, it's totally different because you're voluntarily there to cover a story, and it's miserable. Anyone who says that being in a gun battle is thrilling is bullshit. It's pretty terrifying to feel bullets whiz past your head. But I think afterward, everyone is like, "Yeah, wasn't that great!" It's almost the opposite with an abduction. In the moment, you're so focused on staying alive, but afterward you're never like, "Wasn't that great!"

But you've always sought to be at the center of things. You write about watching 9/11 from Mexico and wanting to get as close to it as possible.
I had just spent four years in New York basically working seven days a week and in every corner of the boroughs, and then this happens once I'd left. To not be there, I just felt like a complete failure. I knew that I had missed New York, so I wanted to go to Pakistan.

How did your childhood — your parents were Italian-American hairdressers, one of whom turned out to be gay — help you as a photojournalist?
Well, I got rejected from journalism school! I do think my childhood is one of the fundamental reasons that I'm able to do my job. We were raised in this totally nonjudgmental family. We never knew who was going to walk in the front door. And as a journalist and a photographer, you walk into so many different scenes that you have to be open to everything.

There is this stereotype of the swashbuckling male combat-zone journalist. Is there a stereotype for women, too?
First of all, I think this generation of war correspondents is different from the last generation. Of course, there's always the guy who thinks he's Hemingway, but mostly they're not as hard-drinking as they were 20, 30 years ago. They've become much more sensitive, more low-key, very sincere. I don't think there is a stereotype for the women, maybe because there are so few. We all have to put on this front of being as tough as the guys. I certainly do that. Because there is no room for being paralyzed by fear. If I'm on an embed with the military, I will not complain. You don't ever want to be that pain-in-the-ass chick who stops all the other guys. Of course, when I'm in a very intimate scene, like when a woman hemorrhaged and died in

LYNSEY ADDARIO/GETTY IMAGES REPORTAGE (3)



Addario was an embed with the Army's 173rd Airborne in Afghanistan's Korengal Valley in 2007. "We really put in our time. I could take this photograph because the soldiers were used to having us around."

LYNSEY ADDARIO/GETTY IMAGES REPORTAGE

front of me after giving birth in Sierra Leone, I'm crying as hard as her family members. But in the middle of war, no one really has time to break down. It all happens after the fact, when you get home, whether we admit it or not.

Was the book part of that emotional sorting-out?
Yes. At that time in my life, right after I got back from Libya, right after [fellow photojournalists] Tim [Hetherington] and Chris [Hondros] were killed, I really felt I wanted to focus on something different. In 15 years, I had never allowed myself the time to sit down and download my brain. I had just been like a machine of photography, shooting and shooting. I do think it was a way to deal with the trauma I had been through and the loss of so many things, and to just take a step back.

You certainly experienced the extremes of human behavior — from moments of cruelty to moments of great tenderness.
For example, in Libya, when we were working near the front line, there was a family who basically gave their house to journalists, and there were 17 of us sleeping on the floor in the house near the front line. Every night there would be a knock on the door. And the woman who lived next door would send her 10-year-old son with a giant tray of food, and she would just cook food for all of us because she knew we couldn't get food. Then there was a night after I was kidnapped in Libya when a guy just sat there stroking my face, telling me he was going to kill me. I just fell asleep because there was nothing I could do. As a journalist, I have to accept that that is part of the deal. I could fall into people's hands who are evil, who might take it upon themselves to not let me live.

"ANYONE WHO SAYS THAT BEING IN A GUN BATTLE IS THRILLING IS BULLSHIT."

You write pretty openly about the excitement and hazards of romance in the field.
It's the oldest story of all time. In wartime, we're living in close quarters, you're close to death, and it's almost like this parallel existence, so things happen. I think when you're spending 15 hours a day with someone, sometimes it just happens. So, yeah, I would fall head over heels for someone, but at the same time there was a finite amount of myself that I was willing to give. The work is always my first priority.

There's a strong idealistic strain in your photography and why you do it.
Look, I would say that anyone who does this work and doesn't have a strain of idealism is an adrenaline junkie or completely narcissistic. There is no other justification. You're risking your life, and if anything happens, it's our families who suffer tremendously. You have to believe 100 percent in what you're doing, that some picture or some thing we do is going to change the world in some tiny, minute way. When I work in South Sudan, for example, it's, like, once a day that people come up to me and say, "Thank you so much for being here, for telling everyone what's happening to us." For me, if I'm covering a war and I realize I actually can effect no change, I'll just say, "You know what, I'm not going to risk my life. These people are going to kill each other whether I'm here or not."

And you finally met a guy who understands that degree of commitment, Paul de Bendern, your husband and the father of your three-year-old son, Lucas.
He was a journalist for many years, a bureau chief at Reuters. I think the real trick was that he was equally dedicated to his work and he wasn't threatened by mine. You have to be pretty secure in your relationship to say, "OK, go do your stuff, and come back when you're done." That's a real sacrifice. ■



by **MAX CHAFKIN**

This Man Will Get You Pregnant

Max Levchin helped launch PayPal and Yelp. But his latest venture may be his most audacious yet — using big data to help couples struggling with infertility.

PROFILE

TROY SPADA IS eight months old, weighs about 20 pounds, enjoys giggling and putting things in his mouth, and is, like all babies, a blessing in the eyes of his parents. And he might not exist were it not for a Silicon Valley entrepreneur named Max Levchin.

Three years ago, Troy's mother, Krista Spada, learned that she suffered from diminished ovarian reserve — that is, even though she was just 25, she was already running out of eggs. "It was dumbfounding," says Spada. "Having kids was something we'd thought would happen way in the future. All of a sudden, we had to start now."

Her doctor recommended the fertility drug Clomid, but Spada was reluctant. Clomid treatments were not covered by her insurance and would cost thousands of dollars. Searching for an alternative, she and her husband, Chris, saw Levchin being interviewed on television. A Silicon Valley legend, Levchin played a pivotal role in two of the tech world's biggest hits — PayPal and Yelp — and was talking about his newest venture, Glow, a smartphone app that uses deep-data-analysis techniques to help couples conceive. Intrigued, the Spadas downloaded it. Each day, they dutifully reported Krista's body temperature and the texture and moisture levels of her cervical mucus. The app responded by sending a push notification when the time was right to try to conceive.

The experience was awkward, but it worked: Krista's conception was one of more than 30,000 reported by Glow users since the app's launch in 2013. Troy's birth last June made him a smiling, gurgling pioneer of childbirth in the digital era.

The idea that couples would take sexual cues from their iPhones might seem invasive, even creepy. But for the 39-year-old Levchin, nothing could be more natural. He is one of the world's most enthusiastic advocates of the "quantified life" — the idea that monitoring and mining one's personal data can lead to a happier, more productive life. A serious cyclist, Levchin has tracked his own health data obsessively, using an ever-growing collection of electronic wristbands, internet-connected scales, and, his crown jewel, a Pinarello Dogma 2 road bike equipped with nine different sensors. Ask him how his morning ride across the Golden Gate Bridge went and he'll respond with something along these lines: "I could have powered five 60-watt lightbulbs concurrently for two and a half hours." (Which is to say that Levchin's legs produced an average of 300 watts of power over the course of the ride. Which is to say that, yeah, it went pretty well.)

He applies the same level of analysis to nearly everything he sets out to do. Earlier this year, Levchin spent months devising a computer algorithm to determine the tastiest possible recipe for his new favorite food, kimchi. The program suggested minuscule variations for preparing the side dish. He tried them one by one, keeping the best recipes in the gene pool and setting the others aside. Four months and 20 iterations later, he achieved something that seemed close to perfection. More recently, Levchin took it upon himself to figure out how to scramble an egg — without cracking it first. He succeeded after rigging up the egg in a homemade centrifuge. "It's pure intellectual masturbation," he admits.

Such comments, as well as the fact that Levchin, while personable, tends to speak in a robotic monotone, can make him seem like the most charming cyborg you've ever met. In fact, he's happily married with two young children (fertility wasn't a problem for Levchin and his wife, Nellie). A math prodigy in his native Ukraine, Levchin saw his family uprooted during the

photograph by **CODY PICKENS**

Most mornings, Levchin rises before dawn and logs 50-plus miles before heading to work.



breakup of the Soviet Union, and at age 16 — with only rudimentary English skills — he was plopped into a Chicago public high school. He taught himself the language by watching a black-and-white television set he had found in a dumpster (and fixed himself). In college at the University of Illinois at Urbana-Champaign, he fell in love with structured data. At age 19, that passion peaked when he encountered a programming language called SQL. "I realized then what my life was meant for," he says.

This romance with data proved crucial to Levchin's first successful start-up, PayPal, the online payments company that he cofounded — along with, among others, investor Peter Thiel — in 1998 at age 23. Five years later, it was acquired by eBay for $1.5 billion, a success that was due largely to the antifraud algorithms Levchin built to sniff out Russian mobsters and money launderers. "From my point of view, he was the hero at PayPal," says Jeff Jordan, a former eBay executive and now a partner at Andreessen Horowitz, the Silicon Valley venture capital firm. "He's one of the brightest people I've ever worked with."

Data played a role in Levchin's other big hit, Yelp, the online reviews site, which used an algorithm to separate genuinely informative restaurant critiques from those left by shills. The company was spun out of a start-up incubator Levchin founded and is now valued at about $5 billion. He remains the company's chairman and largest shareholder.

Glow may be Levchin's most ambitious venture yet. He got the idea while considering all the sensors on his bike. They're cool, yes, but he wondered what the quantified-self movement was actually accomplishing. Guys who cycle with power meters, after all, are for the most part already quite fit and data-driven; kimchi chefs already pickle pretty good cabbage. "These are people who are trying to tune up that last bit of performance," Levchin says. "But the people who aren't as healthy, who should be paying attention to the data — they're not." The answer, he decided, was to target not fitness but health.

Working with a longtime collaborator, Mike Huang, who runs Glow day to day as CEO, Levchin came up with dozens of areas where collecting and analyzing large volumes of data might solve health problems, and ranked them. At the top of the list was fertility. It's a $3.5-billion-a-year industry despite the fact that the science is highly imperfect. About 70 percent of attempts at in vitro fertilization fail, according to the Centers for Disease Control and Prevention. And yet couples routinely shell out more than $10,000 to undergo the treatments, as in vitro fertilization is often not covered by insurance.

LEVCHIN TOOK IT UPON HIMSELF TO FIGURE OUT HOW TO SCRAMBLE AN EGG — WITHOUT CRACKING IT FIRST. HE SUCCEEDED.

What was needed, Levchin came to believe, was more information. He and Huang built Glow to gather it. Glow collects as many as 16 data points a day from users, with the goal of reducing the need for invasive procedures by unearthing ways to boost the chance of natural conception. That information includes the usual items such as temperature and menstrual cycles, as well as factors that haven't been studied in depth, like sexual position and whether the woman has an orgasm. Is the folk wisdom that the missionary position is best for conception backed up by data? Levchin hopes to find out. "It's the largest crowdsourced experiment in fertility," he says.

It sounds far-fetched, but many in the mainstream medical community are intrigued. "Most of the studies on infertility are for advanced treatments, but when you get back to basic fertility care, we don't have huge amounts of data," says Dr. Eric Surrey, medical director for the Colorado Center for Reproductive Medicine, one of the country's top infertility clinics. Some of Surrey's patients use Glow, but he cautions that any data "needs to be evaluated really carefully" and could easily be misinterpreted.

Levchin won't say how many couples using his app failed to get pregnant, but he says the success rate so far has been "impressive." Of course, for Levchin, *impressive* must always be improved upon. So late last year, he deposited $1 million — on top of the $23 million Glow has raised from investors to date — into a nonprofit trust called Glow First, which he hopes will be the basis for a new kind of insurance company. Glow users can elect to pay $50 a month while using the app; if they aren't pregnant after 10 months, then the insurance pool will help pay for their infertility treatments.

That service proved unnecessary for the Spadas: Troy arrived last spring, part of the first wave of babies born thanks, in part, to the app. In fact, his parents liked Glow so much that they're still tracking their data, only this time using it to avoid getting pregnant. Says Krista, "One is enough for now." ■

COURTESY OF MAX LEVCHIN

by JESSE WILL

A Truck, Only Smaller

GM leads a resurgence in tough, tech-savvy pickups you can actually fit in a garage.

I'M TYPING AN EMAIL on a laptop from the driver's seat of a Chevy Colorado truck, in the parking lot of an organic grocery store in Nyack, New York. This is remarkable for a few reasons: One, a single parking space is enough to accommodate the truck, so I'm not getting the stink eye from the kale-smoothie set; and two, despite the fact that the Colorado is a midsize pickup — a category where technology has been an afterthought — it features gadgetry like 4G WiFi, making this dispatch possible.

Despite their real-world utility — they're easier to maneuver and cheaper to fuel than full-size trucks — midsize pickups have languished in the U.S. We used to dig them: In 1999 alone, Ford sold nearly 350,000 Rangers. But in the supersize decade that followed, folks who would have considered a small truck for lugging bikes and the occasional 4x8 either went for showier full-size ones or opted for a booming array of SUVs and crossovers. In 2011, Ford nixed the Ranger, and Dodge killed off its Dakota. Nissan soldiered on with its Frontier, and Toyota with its soon-to-be-updated Tacoma, but they've been left to ride out the better part of the decade with geriatric power trains, rudimentary tech, and cabins that make a ski gondola seem plush.

CARS

The addition of GM's tech-loaded trucks — the Chevy Colorado and the GMC Canyon, near identical stablemates built on the same Missouri assembly line — is making the midsize market interesting. GM seems to be betting that buyers are ready to stop equating size with value, and that maybe they don't need a towing capacity robust enough to haul Michael Moore's mansion across Michigan. Or maybe someone in Dearborn picked up an issue of *Modern Farmer* and discovered there's a new wave of urban transplants who lust after pickups but don't want to give up the creature comforts of their Lexus.

Whatever the case, the twin trucks should be a hit. Over four days wending through New York's Hudson Valley, I found the Colorado remarkably stress-free to pilot, whether in the aforementioned parking lot, where its shortened 41-foot turning radius beats some full-size models' by 10 feet, or on the harrowing Taconic State Parkway, where its lively steering communicated more like a crossover's. Manners aside, these are serious trucks: Their 3.6-liter V-6s yield 305 horsepower each, with torque (269 lb-ft) smoothly delivered via an unflappable six-speed automatic. With the V-6, the Colorado and the Canyon can tow a 7,000-pound boat — nearly what a full-size Silverado could manage a decade ago. Both are also available with a 2.5-liter four-cylinder (191 lb-ft), with a turbodiesel coming later this year.

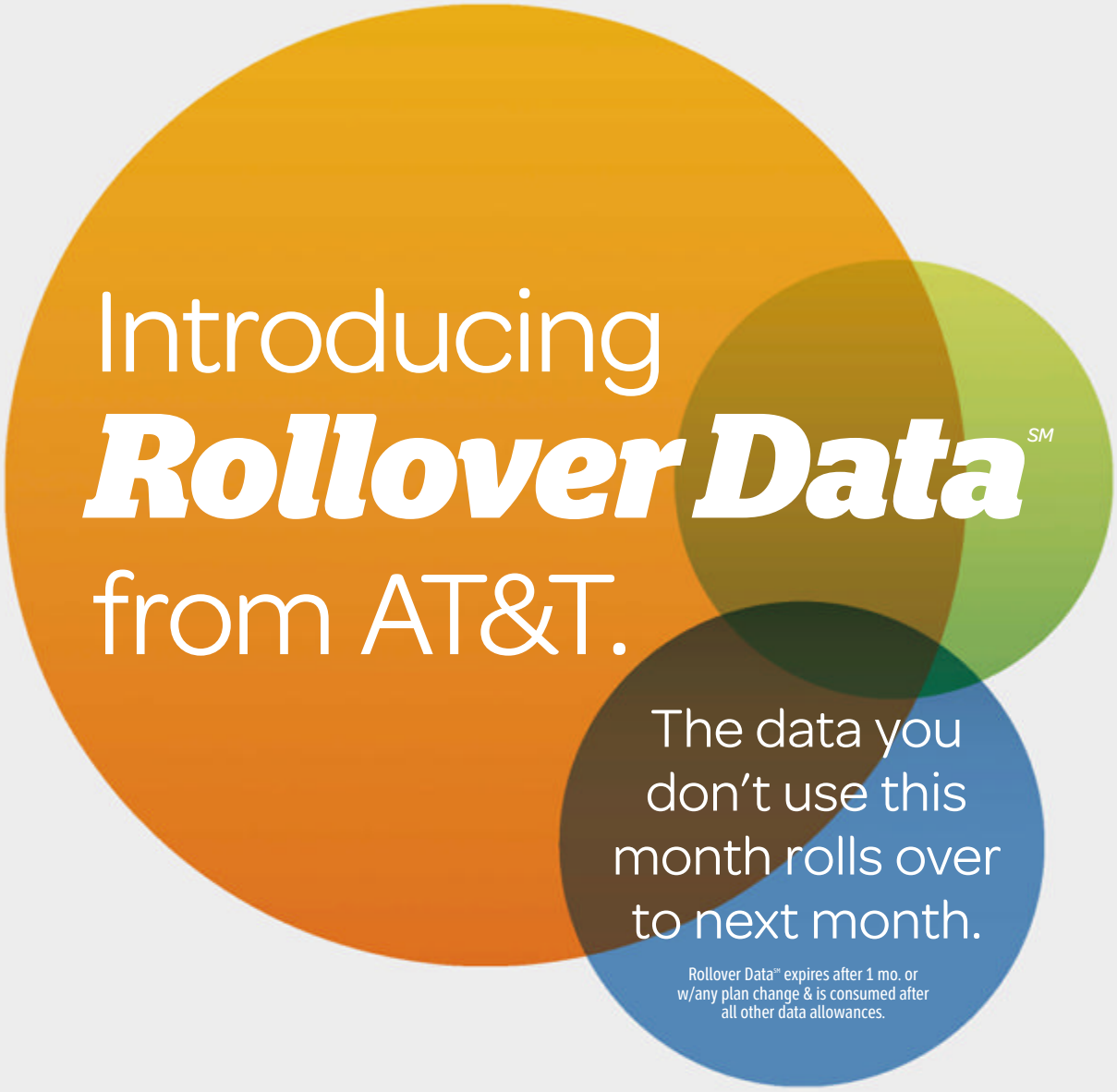
They're not lacking in polish, either. Both trucks boast refinements that were previously available only on bigger, pricier pickups. Triple-sealed doors make the cabin so quiet you can almost hear Howard Stern lick his lips over satellite radio. Cameras are employed to warn of lane departures or impending collisions — and can assist you in backing up to a trailer. An optional eight-inch touchscreen lets you send texts by talking to Siri. And if you choose to pay for it, there's that 4G WiFi connection, which uses a big antenna to nab a faster data pipeline in more extreme places than your cellphone can.

So while they might classify as "lifestyle" trucks, the Colorado and the Canyon are the most capable examples ever. In other words, there's no longer shame in the smaller pickup. ■



The Chevy Colorado, from $20,995

SKY: DONALD ERICKSON/GETTY IMAGES



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MEN'S JOURNAL GEAR LAB

NEW YORK **POP-UP STORE**

AT THE MLB FAN CAVE

On December 3rd, Men's Journal opened the doors to our fourth annual GEAR LAB POP-UP STORE. This season, Men's Journal partnered with Major League Baseball to hold the event in the MLB FAN CAVE, a first of its kind space mixing baseball with music, popular culture, media, interactive technology and art. At the store, the Gear of the Year issue, presented as the ultimate gift guide for men, was brought to life with select items from our editorial alongside select advertising partners' products. The Pop-Up was open to the public for two weeks and kicked off with a smashing opening night celebration.


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1 Guests enjoy the opening night celebration 2 Shopper interacts with cutting edge technology products on display 3 Party goers enjoy wine by Columbia Crest and Beer from Budweiser 4 The Limited Edition Triumph Bonneville T214 5 2014 World Series winning pitcher Jeremy Affeldt with Mike Princiotto from G-Shock 6 All-Star infielder Dee Gordon smiles for the cameras 7 Featured adventure product on display at the Pop-Up

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by **LISA MARSHALL**



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GOOD CHOLESTEROL FALLS
up to 20 percent

HEART DISEASE RISK SOARS
up to two-and-a-half times higher

CHRONIC INFLAMMATION RISES
and can stay elevated even after you start moving

Sitting: The Most Unhealthy Thing You Do

Too much time behind the desk has far worse consequences for your health, performance, and energy than you thought.

ULTRARUNNER Adam St. Pierre thought he had training down to a science. An exercise physiologist and running coach in Boulder, Colorado, he ran 40 to 70 miles a week, stretched 15 minutes twice a day, and saw a massage therapist twice a month. But at the peak of the 2014 racing season, the 33-year-old athlete was nearly sidelined by tight hip flexors. "The muscles run from your femur up to the pelvis. When they're tight, you lose range of motion and considerable speed, and you feel like you have to pee all the time," he says. That's untenable for an average day, let alone a 100-mile race.

St. Pierre hunted for a solution. He tried Pilates, stretching more, strengthening his core. Still, the pain persisted. Finally, he realized that he'd overlooked one crucial part of his daily routine: The six hours he spent sitting at his desk. "I was doing everything I could to keep my hip flexors loose enough to allow me to run, but I neglected this small, obvious change," says St. Pierre.

He converted his office desk to a standing station and cut his sedentary time in half. In weeks, his hip muscles released. Two months later, he raced a 50-miler in Vermont in his personal-best time of eight hours, 18 minutes. "I felt great," he says. "Since, I've even noticed my chronic low-back pain fade away."

ADAM VOORHES/GALLERY STOCK

If too much time behind a desk can mess up a hard-core athlete like St. Pierre, imagine the impact it has on the typical guy. That's exactly what experts in the emerging field of inactivity physiology are exploring, and their conclusions may surprise you. Most of us sit 10-plus hours a day, more than we sleep. While we're seated, a lot of bad things happen: Blood sugar rises; muscles become tighter; and blood flow to the heart slows, even in those who exercise regularly. "This is one reason why so many frustrated people can't make big changes in their health," says Marc Hamilton, a professor at Louisiana's Pennington Biomedical Research Center, who has studied inactivity physiology for 20 years. According to Hamilton, your good habits, like working out and eating well, aren't enough. "Something extremely potent is happening in your body in the hours you sit idle," he says.

Imagine a long day in your desk chair. That moment you start to feel lethargic? That's when red blood cells in your legs begin to clump together, thickening inside your vessels and slowing circulation. If, later, you notice a further drop in energy, it's because your body's insulin production is down: The sugars from your morning oatmeal linger in your bloodstream, rather than being ushered into your muscles for energy. Soon a key enzyme (lipase) responsible for vacuuming fat out of the blood deactivates. Small amounts of fat begin to accumulate in your blood; your body will store it in an easy-to-access, central location — your gut. (One reason it may be tough to shed extra pounds, despite those morning runs.) You may also have hunger cravings, even though you haven't moved. That's because your appetite-regulating hormones leptin and ghrelin have gone off-kilter. Meanwhile, a more subtle physiological change occurs: Deep within your leg muscles, a gene (LPP1) critical for suppressing clotting and inflammation switches off. By the end of the day, even with a lunch break and trips to the water cooler, your good cholesterol and insulin sensitivity may have fallen 20 to 40 percent.

A day, even a week, of this isn't much of a problem. But repeat the process for years, and it's easier to understand this stat: Those who sit the majority of their waking hours — even if they take breaks and regularly exercise — have two-and-a-half times the risk of developing cardiovascular disease, according to a 2012 meta-analysis of nearly 800,000 people.

Gym rats don't get a pass, either. In fact, studies consistently show that people who work out often spend more time on their butts than nonexercisers. A recent study found that marathoners sit nearly 11 hours on days they train. Perhaps that's because they believe a workout grants them the right to lounge. (Exercisers are twice as sedentary on the days they hit the gym, research shows.) "It is foolish to think that 30 to 45 minutes of exercise every other day will immunize you from the effects of being sedentary 70 to 80 hours a week," Hamilton says.

IN ADDITION TO THINKING, "HOW MUCH WILL I EXERCISE?" ASK YOURSELF, "HOW LITTLE WILL I SIT?"

Of course, even a focused office drone gets up from his desk to grab food or run an errand. Those things help. A recent Indiana University study compared people who sat for three hours straight with those who got up and walked for five minutes every hour. In the continuous sitters, circulation fell by half, while the walkers saw no dips in blood flow. But five minutes of moving in an hour won't counteract the physiological impacts — lower insulin sensitivity, higher inflammation — of sitting for the rest of it. That's like trying to undo a fast-food diet by eating healthy snacks. "Your body is responding to what you're doing over the whole day," Hamilton says.

Sitting's effects can be dramatic on the outside as well, says corrective-exercise specialist Elizabeth Pongo. According to Pongo, here's what happens to the typical nine-to-fiver: The shoulders round and the head settles into a forward tilt; this makes it harder for the lungs to expand and take in air when you're sprinting down a basketball court or running a 5K. That classic office-worker hunch means the humerus (the upper bone in your arm) may be tilted in and lightly grinding into the shoulder socket; now, when you lift weights, you're causing excessive wear and tear on your rotator cuff, cartilage, and joint capsule. All day, your body is "learning" this repetitive slumped-over posture; hip flexors and pecs shorten and tighten, and the glutes weaken, decreasing power and range of motion during squats, lunges, and any activity that requires explosive movement.

Fortunately, the solution is fairly simple. In addition to thinking, "How much will I exercise this week?" ask yourself, "How little will I sit?" Small movements can have a big impact. The experts call it nonexercise activity thermogenesis, or NEAT — think flexing your calves, stretching, even fidgeting in your chair. All of those movements require energy, and the calories add up, says Mayo Clinic researcher James Levine. Levine tracked workers who wore ultrasensitive movement sensors. His finding: When all other variables were accounted for, the leanest people sat 2.25 fewer hours per day, and engaged in more minor movements that helped them burn 350 more daily calories. "This supports the idea that there is a direct relationship between your NEAT and your ability to stave off weight gain," says Levine.

Companies from Facebook to the Federal Reserve Bank have invested in standing desks, and others have shrunk the size of cubicles to create wider hallways for "walking meetings." In one study by Levine, employees who were outfitted with sit-stand units lowered their sitting time by 91 minutes per day, and boosted NEAT movements by 33 percent. In a classic case of "you don't know how bad you felt until you feel better," many also reported being more alert and less depressed, not only at work but after they clocked out.

That was the intent of John Folkestad, co-founder of Minneapolis-based financial staffing firm Salo LLC, when he outfitted employees with standing desks. "Frankly, we didn't go into this saying, 'For the sake of our health, we need to stand more,'" says Folkestad. "It was about energy." Which is something he says he has a lot more of now. Before the switch, Folkestad would rise at 5 AM five days a week to work out. By 3 PM, he'd hit a wall, and he spent evenings on the couch. Now, having cut his sitting time in half, Folkestad churns through 16-hour days. "It makes sense to me," he says. "A body at rest stays at rest. A body in motion stays in motion." ■

A Simple Strategy to Sit Less

PLAN BY MINUTES
Cornell ergonomist Alan Hedges recommends 20 minutes sitting, 8 minutes standing, 2 minutes walking. Repeat. The formula also improves productivity and posture, studies show.

DEFAULT TO A WALK
Instead of mulling at your desk when you're drawing a blank, get up and take a 5-minute walk. Research suggests that you'll be 60 percent more creative when you return.

STAND WHEN TIRED
Make this automatic: If you yawn, stand up. Rising fires the Ascending Reticular Activating System, a network of neurons in the cerebral cortex that enhances alertness.

SHIFT YOUR MIND-SET
Before you take a seat, think of this quote from Mayo Clinic researcher James Levine: "The goal of sitting should be singular: to give our bodies a break from moving."



MEN'S JOURNAL
PRESENTS

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GAURAVMAN SHERCHAN – YAK ATTACK

by **NICOLE CATANESE**

Is Botox for You?

More and more men are getting the procedure to take years off their looks. Top doctors explain what you need to know.

CHANCES ARE, you know a guy who's had Botox. Since 2000, the number of men undergoing the procedure has surged by more than 200 percent, with some 385,000 procedures in 2013, according to the American Society of Plastic Surgeons. (That's still a far cry from the 5.9 million procedures on women, of course.) These aren't necessarily the stereotypical model and newscaster types, either. "Middle-aged, health-conscious, white-collar guys come in wanting to look fresher, younger," says Todd Schlifstein, a New York City physician and owner of Fountain Medical Group, who says 10 percent of his Botox patients are now male. "They just like to keep it quiet."

Maybe that's why there's a lot of misunderstanding about what "brotox" can and can't do.

The common assumption is that Botox freezes the face in place. Not really. Injections of *Clostridium botulinum*, a bacteria, paralyze muscles, causing them to weaken and ease their grip on wrinkles, explains Dr. Anthony Youn, a plastic surgeon in Detroit. "Botox acts like a cast on the face — it causes muscles to atrophy and get thinner." The wrinkle-reducing effect generally lasts three to four months, but, says Youn, "even when it wears off, the wrinkles that come back aren't nearly as deep."

That's where the procedure's cosmetic benefits end. It won't fix flaws like dark circles, hollowed cheeks, or a saggy face. To address those, explains Dr. Paul Jarrod Frank, a New York City cosmetic dermatologist — about a quarter of whose Botox patients are men — you need dermal fillers like Juvéderm. "I tell patients, 'Fillers fill holes, and Botox flattens mountains,'" says Frank.



Some wrinkles look "tough and masculine," doctors say, which is why they avoid overtreating the eyes and forehead.

Which isn't to say that Botox cannot go seriously awry: Think about all those male celebrities with deer-in-the-headlights expressions. That frozen look isn't so much from an excess of Botox as from poor execution. To avoid it, be careful who does the injecting. Everyone from hairdressers to dentists now offers the treatment, and while many may be perfectly competent, there's an artistry to the procedure; you want someone who specializes in the musculature of the face — a doctor, dermatologist, or plastic surgeon — and understands how Botox affects it. Injections, for example, shouldn't be plugged into an obvious frown line, but into the opposing muscles that create it. Whoever's wielding the needle should use words like *natural* and *subtle*. "Women tend to want lines completely erased," says Frank. "But I lessen lines in men by only half."

The effect may be less, but expect to pay more than your wife. Men's facial muscles are larger than women's, so doctors must use a third more of the neurotoxin, pushing the bill, on average, 20 percent higher. "Men want to get rid of the scowling, unhappy look," says Dr. Michael Olding, a plastic surgeon in Washington, D.C., who treats a growing number of businessmen and politicians. That means injecting "the 11 lines," those vertical creases between the brow, the jawline, and the smile lines that run in symmetrical arches from nose to mouth. Protocol calls for three to six needle pricks per area (it's relatively painless), and treatments run $600 to $900 per appointment. The result isn't a dramatic new face — it's still you. Just more like you circa 2007. "Men have embraced Botox simply because they can have it done quickly and go right back to work," says Olding. "Nobody has to know they had anything 'done.'" ■

Three Other Uses for Botox

The benefits go beyond zapping wrinkles.

MIGRAINES "Injections can lessen their frequency and intensity by blocking pain neurotransmitters," explains Jack Schim, an assistant clinical professor in the neuroscience department at the University of California, San Diego.

SWEATY PALMS Paralyzing sweat glands can help keep normally clammy skin dry. "I often treat just the right hand of businessmen — the one they shake with," says Olding. An injection in the palm and fingertips lasts six months.

TEETH GRINDING Dentists recommend Botox for patients who clench their jaws and grind their teeth while sleeping. "Injecting the corner of the jaw relaxes the chewing muscles, so you can't grind as intensely," explains Frank.

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by JILLIAN ROSE LIM

Energy on the Go

Nutritious and tasty snacks, for every occasion

LET'S FACE IT: We eat energy bars for one reason— to get a quick and easy bit of fuel. The problem: Most of the bars on the shelf are candy bars in disguise, packed with 20-plus grams of sugar and chemical fillers. As a result, they provide the exact opposite of what you're after. "Bars with sugar, or sweet substitutes, cause a lot of gut issues; energy levels aren't sustained; and they don't leave you feeling satisfied, which means you reach for snack after snack," says Leslie Bonci, a nutritionist at the University of Pittsburgh Medical Center. So we set out to make choosing simple. We found 30 of the healthiest bars out there — all with protein, fiber, good fats, and 12 or fewer grams of sugar — and then did a blind taste test to narrow it down to the six most delicious.



BEST FOR VEGANS

Whey protein is a common ingredient in energy bars, which makes finding a dairy-free bar tough — let alone one that actually tastes good. The **Vega Dark Chocolate Mixed Nuts & Sea Salt** checks all the boxes: It's free of animal by-products, has only 8 grams of sugar and 200 calories, and it's a perfect blend of sweet and salty.



BEST TO GET TO THE NEXT MEAL

With 17 grams of healthy fats from cashews, almonds, and coconut, the **Simple Squares Organic Coffee Snack Bar** curbs hunger for hours, and for only 230 calories. With its crumbly texture and rich honey and vanilla flavors, it's great if you typically crave sweets between meals, too.

BEST FOR POST-WORKOUT

To speed recovery and replenish glycogen stores, you need a bar with a balance of muscle-building protein and healthy fats. The **Rise Bar Lemon Cashew Protein+** offers 13 grams of good fat and 15 grams of protein via its four ingredients: pea protein; and organic cashews, coconut nectar, and lemon extract. That last one gives this snack a nice, acidic kick that sets it apart from the dozens of other protein bars on the market.





BEST FOR A LIGHT SNACK

If you can't have an actual apple sprinkled with cinnamon, the **Health Warrior's Apple Cinnamon Chia Bar** may be the next best thing. Chewy and packed with tiny sesame-like seeds, it's small (just 100 calories), but still has filling protein (3 grams) and good fat (5 grams), and includes nutrients you won't find in most bars, like heart-healthy manganese, copper, and zinc.

BEST FOR GLUTEN-FREE

Most GF bars are cloyingly sweet (excluding gluten often means manufacturers double down on sugar). But the **STRONG & KIND Hickory Smoked Almond Protein Bar** offers a savory, spicy alternative that has just 6 grams of sugar and 10 grams of hunger-quelling protein.



BEST FOR PRE-WORKOUT

Before you exercise, you want a snack that skews high in muscle-fueling carbs and goes light on protein, which can slow digestion and cause stomach issues. The **PROBAR bite Peanut Butter Chocolate Chip** delivers 28 grams of carbs and just 6 grams of protein, and reminds us of a real peanut butter cookie, without the manufactured, chalky taste of typical PB bars.



MICHAEL PIRROCCO


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RADICAL FITNESS



Supermans are a great way to build every posterior muscle. Aim for four 30-second holds, three times a week.

MEN HAVE AN unfortunate training habit: We tend to neglect the things we don't see. A mirror shows us our chest, arms, and abs, so we hit the bench press, do biceps curls, and crank out crunches. That's why you see so many barrel-chested, big-gunned guys with no back, butt, or legs. There's a serious drawback to this kind of "mirror muscle" training (besides looking slightly ridiculous): Your body can become unbalanced, which increases the risk of shoulder, back, and hamstring injuries.

So it's crucial to do exercises that target your entire posterior chain — the muscles that run from the base of your neck all the way down your back to your ankles. Not only will you create a more balanced body, you'll also see noticeable gains in strength, power, and speed. Here are my top moves.

Dumbbell Row Combo

Upright rows hone upper-back muscles (traps, rhomboids, and rear delts), while bent-over rows focus on the lats. Super-set these two exercises and you strengthen your entire back at once. Grab a pair of 15- to 20-pound dumbbells and hold them in front of your thighs, palms toward you. With shoulders back and abs engaged, raise the weights to chest height, keeping elbows out. Lower weights to sides and hinge forward from the waist at a 45-degree angle to the floor with knees bent; pull dumbbells up to your ribs, keeping elbows in. That's one rep. Do three sets of 10 reps.

Good Mornings

This exercise doesn't get the attention that dead lifts and squats do, but it works just as many major muscle groups and is incredibly effective in strengthening the lower back and hamstrings. Position an empty barbell on your shoulders, and grip it with palms forward, knees soft. Hinge forward from hips, pushing butt back and keeping back flat and neck neutral. Go as far forward as your hamstrings will allow (if they're tight, this won't be far). Rise up and repeat. Do three sets of 12 reps. No barbell? Try it with a kettlebell, holding it at the base of your neck with your elbows out.

Weighted Stair Steppers

Developed calves are tough to attain because so few exercises zero in on them. This one is all you need to see a difference: Stand on the edge of a stair holding a pair of heavy weights. Press up to your toes and hold for four counts; lower, so your heels hang over the stair edge, for four counts. Repeat for three sets of 10 reps. If your calves aren't burning by the end of a set, up your weight. ■

Do You Really Need a Workout Cooldown?

Truth is, it's not always necessary. Here's when to make the time and what to do.

You should never skip warming up — it's critical to avoid injury and to prep your heart, lungs, and muscles for work. But cooling down is necessary only after intense exercise that's above and beyond your typical routine. Think century rides, races, all-out pickup games. These tax the body in new ways and require a few minutes of specific stretches to help decrease inflammation and prevent soreness. Here are three moves, each geared to a different activity.

AFTER CYCLING

Hours on the bike force your spine into a rounded posture. So it's important to open up the front of the body. Stand in a deep lunge in a doorway with arms raised in goalpost position against frame; press weight into frame until you feel a stretch in your chest.

AFTER RUNNING

Runners typically stretch hamstrings and quads but neglect the calves, leading to aches and injury. The fix takes minutes: Using a small massage ball, roll from ankle to the back of the knee, pointing and flexing foot to knead any sore spots.

AFTER A GAME

The fast lateral movements required for sports like tennis and basketball cause a lot of tightness in the hip flexors. To ease it, try this king cobra stretch: Lie facedown with palms on the floor at sides. Slide one knee out to side. Push off floor to straighten arms, keeping shoulder blades down and back, hips on floor, back arched. Squeeze glutes, and twist torso to side of bent leg. Hold 30 seconds; repeat on opposite side.



BODY LAB
Chicago-based physical therapist David Reavy works with NFL and NBA players and everyday guys.

REAVY: COURTESY OF DAVID REAVY

photograph by **PETER BOHLER**

Ask Dr. Bob

Our in-house doc answers your questions about health, fitness, and living adventurously.

DIET FOES

Should I skip dinner if it's late and I haven't eaten, or is it OK to eat a meal right before bed?

Neither is good. Missing a meal can cue hunger pangs that may disrupt your sleep, and you'll likely wake up ravenous and stuff yourself at breakfast. But eating a full dinner right before bed floods your body with calories it likely won't burn (one reason late-night eating can lead to weight gain). It also spikes blood sugar, which makes it harder to fall asleep. Aim to eat dinner at least three hours before bed. If that can't happen, opt for a small, easy-to-digest snack, such as grilled chicken over greens or a banana with peanut butter. These foods will help fight heartburn, too.

SEASONAL SKIN CARE

My lips are always chapped. Anything I can do to prevent it?

This happens to me, too. Here are a few things that have helped: Use a humidifier next to your bed when you sleep at night. On waking, drink a full glass of water before you have dehydrating coffee or tea. If it's windy or chilly outside, pull a scarf over your mouth (if you're running, cycling, or skiing, tie a bandanna around your neck) so your lips stay better hydrated by the moisture in your breath. And try not to lick your lips, which causes them to dry out even more.

FLY EASIER

I get muscle cramps after an hour of sitting on a plane. Any tips?

I have three tricks: First, I always bring a small pillow that fits into the curve of the airline seat to help support my lower back (a folded jacket works, too). Throughout the flight, I'll lean forward, clasp my hands under my knees, and round my back, then arch it (think of cat-cow pose in yoga). This helps prevent upper-body aches. To increase blood flow to my legs, I'll press down into my toes, then flex my feet, alternating for a minute.

HARD SCIENCE

No medication I've tried has worked for my erectile dysfunction. Is there any kind of natural remedy?

Absolutely: kegels. It may sound unconventional, but research from the University of California at Berkeley shows that these pelvic-floor-strengthening exercises can dramatically improve blood flow to the penis, a key component in preventing ED. I recently had a patient with your predicament — no drug or traditional medical approach would work. When he began a daily series of kegel exercises, he rapidly regained sexual function. Simply tighten your pelvic floor muscles (as if you were stopping the flow of urine) for a few seconds, then relax. Repeat this periodically throughout the day.

FITNESS MYTH

The instructor in my hot-yoga class says we're "sweating out toxins." Is there any validity to this?

No, though you commonly hear it in all types of group-fitness classes. Sweat is composed of some 98 percent water, and the rest is ammonia, urea (a chemical the body naturally makes), salt, and sugar. Any toxins in your blood — say, from alcohol or processed foods — are filtered by your liver and kidneys, then excreted in your urine or stool. An especially hot or tough workout can actually make it harder for your body to cleanse itself of toxins, because extreme heat and exercise intensity cause the body to slow blood flow to the kidneys. As for the detoxifying feeling that a good workout can yield? That's likely a mild euphoria created by mood-boosting endorphins that your brain releases after exercise.

TRAINING BOOST

I play in a basketball league and have zero ability to jump. Can I train for this skill? Or am I just a guy who can't jump?

Sadly, spectacular vertical jump capabilities are born, not bred. The ability to clear 28 inches (the average NBA vertical) is determined by the length of your Achilles tendon, the size of your soleus and gastrocnemius (your calf muscle), and the amount of fast-twitch muscle fibers you have. But you can train to add a few inches to your jump. Leg presses will increase the power in your calves, thighs, and butt. And explosive plyometric moves, such as jumping squats and lunges, will build springy elasticity in your ligaments and tendons. But the best way to improve your vertical jump is to practice jumping. Use a plyo box tall enough that you can just clear it, and do three sets of 10 jumps. In a few weeks, this will feel easy; put a one-inch weight plate on top of the box to up the challenge. I saw a version of this while backpacking in Morocco. There, locals jumped over camels — beginners practiced jumping over animals that were seated, and the men who'd improved would run to leap over standing camels! ■



THE DOC IS ONLINE
Email your questions for Dr. Bob Arnot to **dr.bob@mensjournal.com.**

To-Do List



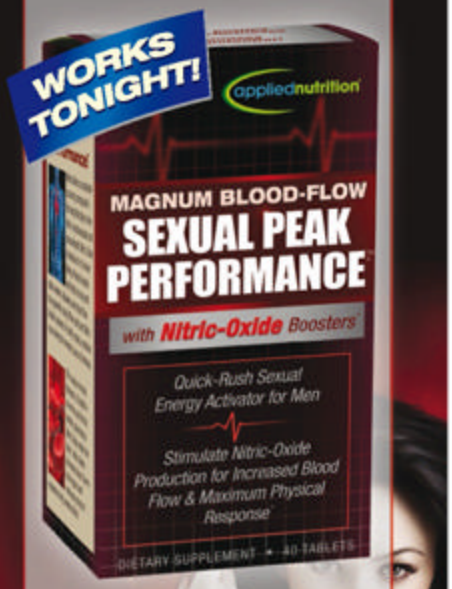
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HEALTH NEWS

Aluminum Cans: As Bad as Plastic?

Avoiding plastics with BPA, the endocrine-disrupting chemical linked with cancer and lower testosterone, doesn't mean you're BPA-free. Aluminum cans are also often coated with the chemical, and a new study reports a direct and immediate effect from eating food from a BPA-lined can: Your systolic blood pressure spikes 4.5 points. "The purpose of BPA-lined cans is to prevent aluminum from leaching, but it's BPA that leaches into your food instead," explains researcher Martha Daviglus. Unfortunately, it's impossible to tell which cans have BPA. Your best move? Swap canned goods for whole, seasonal foods.

Yoga Protects Your Heart as Much as Cardio

Pooling data from 37 studies, researchers discovered that yoga is on par with biking and other forms of cardio for reducing key risk factors for heart disease. Both yogis and aerobic exercisers weighed five pounds less than non-exercisers; they had almost identical declines in blood pressure and total cholesterol. Experts credit yoga's unique stress-reduction effects. And though it may not raise your heart rate as high as cardio does, "yoga relaxes blood vessels and enhances blood flow throughout the body," says Gerald Fletcher, a cardiologist and spokesman for the American Heart Association. To get the benefits, go to the mat once or twice a week.

Run to Save Your Knees

Conventional wisdom holds that running causes knee arthritis. Not so, according to doctors who examined data from nearly 2,700 adults who have either knee arthritis or frequent knee pain. Among those who ran habitually at any point — be it during their teens, or their 40s, or throughout life — there was a 7 percent lower prevalence of knee arthritis and frequent knee pain than in the non-running group. And the more years people spent as runners, the less likely they were to have recurring pain or arthritis, says lead study author Dr. Grace Hsiao-Wei Lo. "Runners might have stronger muscles around their knees, particularly the quadriceps, and this could be protective," explains Lo. "Also, osteoarthritis may be part of a cluster of diseases called metabolic syndrome; running makes people less likely to develop this syndrome." If your knees do hurt when you run, doctors say you may be more likely to have a torn or sprained ligament, or weak hips that pull the patellar joints out of alignment.

Eat Yogurt, Lower Your Blood Sugar

A carton and a half of yogurt a day can help cut type 2 diabetes risk by 18 percent, according to a new Harvard study of 200,000 adults. "The probiotics found specifically in yogurt may improve insulin sensitivity and reduce inflammation," explains lead author Mu Chen. But be careful what you choose. Many brands of yogurt are loaded with sweeteners; look for those that offer probiotics and 10 or more grams of protein, and use real ingredients instead of added sugars or high-fructose corn syrup. Most often, that means going for Greek or full-fat options.

Common Grooming Products Can Damage Your Liver

New research shows that the chemical triclosan, commonly found in brand-name soaps, toothpastes, and deodorants, and previously linked to impaired brain and thyroid function, could cause liver damage and cancerous tumors. Triclosan may stop a particular protein from detoxifying foreign chemicals within the body, study authors say, causing liver cells to propagate and develop fibroses. Eventually, with years of exposure, tumors can form. So check your labels carefully. "Companies often list triclosan under other names," says Rolf Halden, director of the Center for Environmental Security at Arizona State University. The most common: irgasan, microban, and cloxifenolem.

by **MELAINA JUNTTI**

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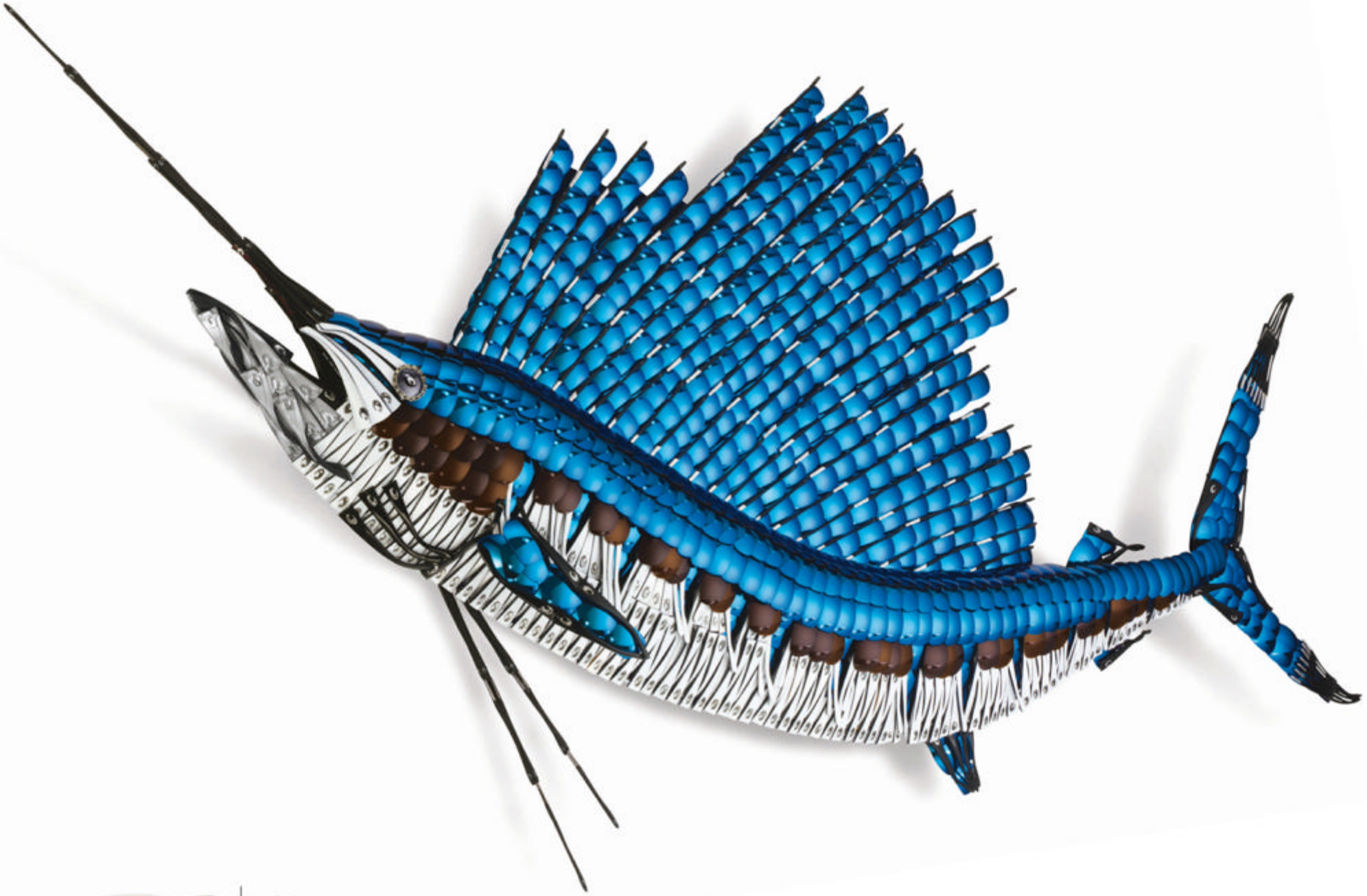


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THE FILTERING BOTTLE

It's no lightweight, but we'd happily tote the **Grayl Quest Trail** on a hike for quick access to fresh, filtered water. Operating like a French press, it has an outer cup that you fill from any trailside source, then plunge for 16 ounces of clean water — clear of bacteria, parasites, heavy metals, and chemicals — in just 15 seconds. ***$60; thegrayl.com***



THE TINY IPHONE STAND

Only the size of a pack of gum, this mini-gadget is an iPhone's secret weapon. The **Kenu Stance** unfurls into a tripod that attaches to the phone's Lightning port and serves as the perfect perch, allowing you to watch movies or capture epic selfies and time-lapse photos. You can take it anywhere — it weighs only 1.2 ounces — and you will, since it has a built-in bottle opener. ***$30; kenu.com***



THE NEVER-DIE TORCH

You know the scenario: The power goes out, and you reach for a flashlight that's been stashed in the drawer next to your bed for three years, only to find that the batteries are dead. The **Coleman Divide Flashlight** averts unnecessary power drain and reduces corrosion by adding a twist mechanism that disconnects the batteries from the contact point when it's not in use. When you need it, a simple twist in the opposite direction powers up the flashlight so it's good to go. ***From $17; coleman.com***

THE QUIETER IMPACT DRIVER



Impact drivers amp up torque to make short work of tightening long screws, but at a price: the constant noise that comes from metal banging on metal. The **Makita Oil Pulse Driver** replaces the hammer and anvil common in other drivers with an oil-filled chamber that uses a smoother hydraulic force to turn fasteners with 30 percent less noise. The Makita emits 77 decibels, about the same as a vacuum, and has a selectable speed switch that cranks out up to 355 in-lbs of torque. ***$TBD; makitatools.com***



THE CLING-FREE WINDBREAKER

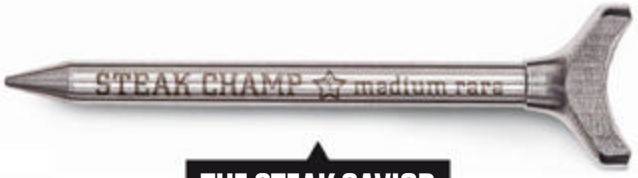
Go ahead and sweat all you want — raised microfiber dots inside the **Helly Hansen Pace Block Jacket** keep it from sticking to your skin as you perspire. In addition, laser-cut vents in back act like a chimney to dump excess heat and moisture, making this the perfect outer layer for spring activities. ***$160; hellyhansen.com***

THE PERFORMANCE TRAINER

Answering the call of runners who wanted the same performance as the company's popular Lunaracer in a shoe that could better withstand the abuse of daily training, Nike created the **Lunar Tempo**. This 7-ounce runner has a slightly thicker midsole to cushion the impact of the road, but our testers say it's still light underfoot and feels buttery smooth. ***$110; nikerunning.com***

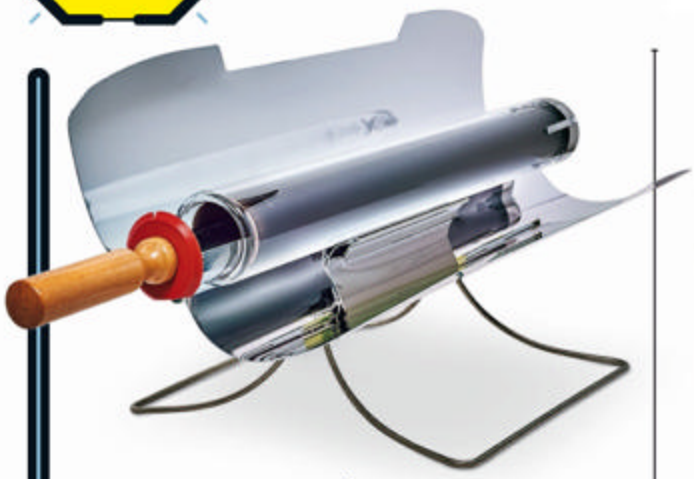


SPRING GEAR



THE STEAK SAVIOR

Achieving that perfectly grilled steak just got easier. **SteakChamp**'s simple design trumps expensive digital thermometers. The 3.5-inch stainless steel, nail-shaped device has sensors along its length — not just at the tip like most meat thermometers — and registers with an LED flash when a steak is precisely cooked, then again when it has properly rested. The SteakChamp comes in four models, rare to medium-well. ***$50; steakchamp.com***



THE FUEL-FREE GRILL

For your next beach cookout, leave the charcoal at home. The **GoSun Sport** is a portable solar-powered grill that heats up to 550 degrees in 10 to 20 minutes without the aid of any fuel. You simply fill the cylindrical cooker with anything from veggies to hot dogs, and relax while it cooks. The GoSun even works in the winter. ***$279; gosunstove.com***

THE BUG-BUSTING LANTERN

The **Thermacell Repellent Camp Lantern** solves two problems: This ideal water-resistant campsite companion provides 300 lumens of bright light around the picnic table — and keeps mosquitoes, blackflies, and no-see-ums at bay with a nontoxic repellent, effective to 15 feet. ***$60; thermacell.com***





THE NEW CLASSIC

It's no coincidence that the **AMG GT S** channels the classic sports car vibe with its long, rangy hood and sloping rear end. "Jaguar's old E-Type has a lightness and sex appeal that are undeniable," says Mercedes' design director, Gorden Wagener. "We tried to maintain that feeling." Also undeniable: its racetrack-worthy performance, which calls to mind another legend, the Porsche 911. The GT S retains the proportional drama and the front mid-engine layout that are Mercedes' sports car signatures, but its grunt comes from a twin-turbocharged V-8 that turns out 503 horsepower and promises to rocket you to 60 mph in just 3.7 seconds, topping out at 193 mph. ***From $130,000; mbusa.com***



THE MOVABLE SWITCH

Imagine installing a light switch in any room in the house in minutes — without calling an electrician. You can with the **Avi-on Movable Light Switch**, which attaches to the wall with adhesive tape and then syncs via Bluetooth to an included smart bulb or plug-in dimmer to control your lights. After the initial setup, you won't even need a phone around to use it. ***$79; avi-on.com***



THE PLUSH PAD

It couldn't be easier to inflate the **Sea to Summit Comfort Light Sleeping Mat**. Just a dozen breaths give a firm sleeping surface while sparing you the light-headedness that comes from blowing up thicker pads. But this mat doesn't sacrifice comfort for reduced size and weight. If you roll onto your side in the night, two layers of air pockets compress independently to ensure your hip won't hit the ground. ***$140; seatosummit.com***



THE UPGRADE

THE PRO'S COMPACT CAMERA

If you're serious about photography, it's worth upgrading to a high-end digital shooter such as the **Sony Alpha a7 II**, which has a full-frame image sensor, the same size as a professional DSLR's. But this new Sony goes a step further: It's the first of its kind with 5-axis stabilization. That means in low light, or with a shaky hand, photos are still remarkably clear. ***From $1,700; store.sony.com***



THE SIGNAL BOOSTER

Designed to shield you from cellphone radiation, the **Pong Rugged Case** appeals to us for its other benefit: improved reception. Calls that would otherwise drop in a New York City apartment on an iPhone 6 were crystal clear — and uninterrupted. ***$60; pongcase.com***



THE GO-ANYWHERE UMBRELLA

From the city to the beach, the **Innate Sea to Sky Umbrella** is so versatile that it's an essential part of our kit. It telescopes from 14.5 inches and opens into a double-canopy, golf-umbrella-size cover that can shield two and withstand 30-mph gusts. And an included spike screws it to the ground for hands-free shade. ***$76; innate.ca***

SPRING GEAR



THE UPGRADE

THE CUSTOMIZABLE MOUNTAIN BIKE

When is a $10,000 bike a bargain? When it comes with a $4,000 drivetrain. Shimano's XTR Di2 system gives the **Pivot MACH 4 Carbon 27.5 Di2** effortless, jam-free gear changes, as well as programmable front and rear cogs that keep you in the right combos for climbs, sprints, and descents with one flick of a lever. On a 22-pound carbon bike, it's a system that makes aggressive riders even faster. ***$10,249; pivotcycles.com***



THE NATURAL LED

LED bulbs tend to look pretty weird, with bulky heat sinks and bizarre silhouettes that can alienate anyone still pining for the look of incandescents. But Cree added vents to the **LED Bulb with 4Flow Filament Design** to keep it cool, killing the heat sink entirely. Along with offering a classic shape, a 40- or 60-watt-equivalent bulb costs 20 percent less than its predecessor. ***From $8; creebulb.com***



THE 2-IN-1 KITCHEN TOOL

Microplane, the company behind one of our all-time-favorite kitchen tools, has made an incredibly useful mash-up gadget for home chefs. The 3.5-inch **Cube Grater** has three blades (fine, ribbon, and coarse) and an attachable measuring cup so you can portion everything from cheese to chocolate. The measuring cup doubles as a storage container. ***$20; us.microplane.com***

THE GROWN-UP BOARDSHORT

Say goodbye to loud, retro prints. Philly-based **United by Blue** has designed a timeless boardshort that comes in simple, muted styles and is made from a quick-drying fabric of 85 percent recycled polyester and 15 percent nylon. ***$64; unitedbyblue.com***





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SPRING GEAR



THE LONGER-BURNING GRILL

Looking for an excuse to make a second rack of ribs? Try the **Char-Broil Kettleman 22.5-inch Charcoal Grill**. For better heat distribution and burn, it has a ring of holes around the firebox instead of a bottom vent, and three tennis ball–size cutouts in the lid replace a skinny damper. The result: The Kettleman cooks twice as long as other kettle-style grills using the same amount of charcoal. ***$129; charbroil.com***

THE ADJUSTABLE RACQUET

Head's Speed racquet line is already a game changer thanks to graphene, which helps redistribute weight toward the ends of the frame and boosts power even for the average player. The **Graphene XT Speed Pro** adds a string system that lets you change from spin pattern (16/16) to control (16/19) simply by switching the racquet's grommet strips. That means two racquets for the price of one. ***$225; head.com***



THE REFINED WRENCH

For quick fixes around the house, the **Craftsman Mach Series 8-Inch Adjustable Wrench** can replace a toolbox full of wrenches. Its sliding bar is easier to adjust and nearly five times faster than the traditional twist-knob version. And the mechanism is steel, so the slider will never wear out. ***$30; craftsman.com***



THE RETURN OF A CLASSIC

The Ducati name is synonymous with sport bikes, but the **Scrambler** marks a return to the style of 1960s-era Italian racers. It is "close to the archetype of a motorcycle," says senior designer Gianandrea Fabbro. Despite the Scrambler's retro look, its powerplant has evolved with the times. An 803cc L-twin engine delivers 75 horsepower, ensuring a spirited ride. ***From $8,495; scramblerducati.com***



THE TIGHT-SPACE TOOL



Inspired by the flexibility of robots that assemble cars, the 8-volt **SpeedHex Flipout** cordless driver helps you get into smaller spaces. The head spins 360 degrees, and each of the two joints bends at 180 degrees, dialing in 380 different positions. Its 170 rpm and 65 in-lbs of torque will make assembling furniture or working on an engine easier. ***$50; lowes.com***



THE COOLER DAYPACK

Long days on the trail call for more water than a handheld bottle can deliver, but many packs get hot and heavy when fully loaded. The **Marmot Aquifer 24 Pack** has a 3-liter bladder to keep you topped off for hours, while a vertical mesh panel along the back helps you stay cooler when moving quickly. ***$129; marmot.com***

HOW'D THEY DO IT?

Inside the Panono are 36 three-megapixel fixed-focus cameras, a processor, memory, and an accelerometer. When the latter senses that the Panono is at the peak of a toss, all the camera shutters click at the same time.



THE 360-DEGREE CAMERA

Personal drones take amazing overhead photos, but we haven't seen one that can capture a 360-degree image — and be easily tucked away in a backpack. The **Panono** is a less-than-5-inch-diameter sphere, dotted with 36 fixed-focus lenses. Whether you're at a concert or surrounded by mountains, toss it as high as you can and 36 shots are stitched together to record the moment as never before. ***$599; panono.com***

THE 24-7 ASSISTANT

Need information quickly? The **Amazon Echo** is at your service. The voice-activated device can answer simple questions like "Is it going to rain today?" and "How many teaspoons are in a tablespoon?" You can also ask it to play music, set an alarm, or add something to your to-do list. It's like Apple's Siri, but always listening. ***$199; amazon.com***





THE NEXT-GEN WALKIE-TALKIE

If you're lost in the backcountry, your smartphone is only as good as its connection. But the **goTenna** lets you send and receive text messages with another goTenna-equipped friend up to 50 miles away. The device pairs with your phone over Bluetooth, then transmits messages over long-range frequencies similar to those of FM radio. A charge lasts three days, making adventurous trips off the grid a lot less daunting. ***$150 per pair; gotenna.com***

SPRING GEAR



THE BICYCLE DASHCAM

Faced with all the dangers on the road, a frequent cyclist can have some peace of mind with a **Cycliq Fly6**. It's a bright, weatherproof rear LED light that also has a built-in wide-angle HD camera to capture all the action behind you. The Fly6 will automatically sense if you and the bike go down and then save the footage from right before the accident — a video that could come in handy. ***$249; cycliq.com***

THE PHONE-FREE SMART WATCH

Beyond tracking time and distance, the **Timex Ironman One GPS+** uses cell service to send and receive text messages — no phone required — and upload your workout to popular training apps like Strava. Four GB of music storage is enough to power you through any long run. ***$445; timex.com***





THE THROWBACK CAMERA

War correspondents and street photographers love old-school rangefinder cameras because you get a wider view than looking through a lens. The **Fujifilm X100T** updates that style with a hybrid viewfinder that shows you the natural scene as well as a digital preview of how filters or tweaked settings will affect the shot. And let's face it, on top of taking great photos, this is the coolest-looking camera you'll see in 2015. ***$1,299; fujifilm.com***

HOW'D THEY DO IT?

Utilizing the same technology found in electric cars, Boosted pairs two small but powerful brushless motors with a battery that recharges a little every time you hit the brakes. The result: a thrilling six-mile range.



THE ELECTRIC BOARD

Boosted boards began as a way to get around Stanford's campus quickly. But as we discovered, the **Dual+** is also a hell of a lot of fun. Outfitted with two surprisingly powerful motors, the longboard can hit 22 mph and climb hills as steep as 25 percent grade — it even produces enough torque to push a car. ***$1,499; boostedboards.com***

THE GRAVEL CHAMP

The off-roading ability of most compact luxury sport utes is limited to hopping the occasional mall curb. Not so with the **Land Rover Discovery Sport**, which shares a similar body and a turbocharged-four with the brand's fashion-forward Evoque but gets 8.3 inches of ground clearance and a terrain response system that varies the torque sent to each set of wheels on the fly. ***$37,070; landrover.com***





THE GO-ANYWHERE BLANKET

When spread out, the **Nemo Victory Blanket** looks like an heirloom, but it has a modern trick hidden below its flannel cover: a waterproof layer. So it'll keep you dry whether you open it up at the beach or in damp grass for a picnic. Plus, it doubles as a tent liner, protecting the floor from pets and kids. ***From $50; nemoequipment.com***

THE PACKABLE POT

Reducing the weight of your gear and how much space it takes up is a key priority on any backpacking trip — and the **Sea to Summit 2.8L X-Pot** helps you accomplish both. The aluminum base heats up quickly, and when you're finished the stiff but foldable silicone sides collapse into a 1.2-inch-thick disk that weighs less than 10 ounces. ***$50; seatosummit.com***





THE SMOOTH ROLLER

Maneuvering the oversize, 74-liter **Pivotal Soft Case Gear Bag** is a breeze thanks to a swiveling handle built into the top. You can grab ahold from any direction and the bag stays upright (a traditional roller bag would flip on its side). Plus, the main compartment has dividers that snap into place for easy organization. ***From $250; pivotalgear.com***



THE UPGRADE

THE BACKYARD CENTERPIECE

With a shape that's as much modern sculpture as backyard barbecue, the **Plodes Geometric Fire Pit** brings an upgraded swagger to your outdoor gatherings. "It can create a special ambience and become a focal point to bring people together," says co-designer John Paul Plauché. It is made to order from cold-rolled carbon steel with a natural rust patina. ***From $1,195; dwr.com***

SPRING GEAR





THE FULL-SIZE FOLDING BIKE

It looks and rides like a tough steel road bike, but the **Raleigh Grand Prix** has one major trick up its sleeve: The full-size frame breaks down, and the entire thing stows in an included carrying case that won't cost you an oversize-baggage fee. No more renting wheels on vacation — now you can bring your own. ***$2,300; raleighusa.com***



THE GLOWING TENT

Backcountry tents step a bit closer to that feeling of home: Integrated into the body of the **Big Agnes mtnGLO Rattlesnake SL2** is a strip of LEDs so thin you won't even notice it until you flip the power switch. Three AAA batteries supply enough juice to light a game of cards for 96 hours and add only 2 ounces to the weight. That means no more fumbling in the dark or reading by headlamp. ***$350; bigagnes.com***

THE ACTIVE JEAN JACKET

A brilliant reengineering of the time-honored denim jacket, the **Outlier Shank** sheds the stiff fit of the original without losing any of its cool factor. Made in New York City, the Shank features lightweight, water-repellent fabrics, three interior stash pockets, and strategic stretch panels. ***$395; outlier.cc***





THE STARTER FLY ROD

Everything about fly-fishing — from waders and reels to the art of casting and tying flies — can seem intimidating to a beginner. The telescoping, easy-to-pack **Tenkara USA Iwana Set** removes the complexities to give you only what you really need to learn: rod, line, and flies. The big payoff? The simple system catches a lot of fish. ***$195; tenkarausa.com***



HOW'D THEY DO IT?
By tracking a GPS device attached to your phone, the Hexo+ can follow you at a predetermined distance and height. The 2.2-pound drone has six rotors and flies up to 45 mph.

THE SELF-FLYING DRONE

No matter what dronemakers say, when it comes to flying serious hobby aircraft, there's definitely a learning curve. The **Hexo+** ditches that hurdle with two awesome features: You can map out the flight plan in advance on your smartphone and watch it fly, or set it up in "follow me" mode so the drone tracks you. Just attach a GoPro and marvel at the footage of your epic ride or run. ***$1,149; hexoplus.com***



THE BETTER BREWER

It may look more like medical-lab equipment, but the **Dragon** is a new coffee brewer invented by Todd Carmichael, host of Travel Channel's Dangerous Grounds. It works like the pour-over method but integrates a siphon, using air pressure from a piston to draw coffee quickly through the filter once the grounds are saturated. That means you have greater control over your coffee's brew time — and flavor. ***$395; lacolombe.com***



THE MOWER UPGRADE

While its price says entry-level riding mower, the **John Deere S240 Sport** comes loaded with the same super-durable, 18.5-horsepower, twin-cylinder Kawasaki engine found on the company's higher-end tractors. Plus, the new rider gets a 15-inch open backseat for comfort, and improved steering and handling ensure you won't tear up your front yard. ***From $2,499; deere.com***

SPRING GEAR

THE ALL-ROADS BIKE



Your adventure doesn't have to stop where the road ends. The **Triumph Tiger 800 XCx** lets you tweak performance based on the terrain. Anti-lock brakes and traction control can be switched on or off for better handling, and the throttle response can be optimized for the conditions — rain, road, sport, and off-road settings are available. ***From $13,499; triumphmotorcycles.com***



THE HYBRID BOAT

Is it a canoe? A kayak? Both, really. The **Old Town Next** delivers the best qualities of either boat. On the one hand, you get the stability and confident action of a sea kayak thanks to its center-mounted, low-slung seat and adjustable footholds. On the other, it has a canoe's open-hull design, which lets you load up a lot of supplies for long adventures. If you bring along a child or pet, or pack it too full, you can slide the seat forward or back six inches to improve its handling in the water. ***$1,000; oldtowncanoe.com***



THE SPACE-SAVING SUNGLASSES

The collapsible **Popticals** end the problem of where to stash your pair during a long hike or ride. The arms fold in half, and a rail system slides one lens in front of the other, reducing the shades to pocket-size in seconds. You'll never have to fumble for a sunglasses case again. ***$209; popticals.com***



THE UPGRADE

THE OUTDOOR KITCHEN

If money were no object, we know what grill would be on our short list: the **Kalamazoo K500HS**. This made-to-order beast has it all: gas, charcoal, and wood grilling; two infrared burners; and a built-in rotisserie. In total, it fires 111,300 Btu and can fit enough burgers for a small army. It's barbecue nirvana. ***$14,195; kalamazoogourmet.com***

CONTRIBUTORS

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Roman Dial's search party looking for Cody in Corcovado National Park in August

LOST IN THE JUNGLE

WHEN A COLLEGE STUDENT DISAPPEARED IN COSTA RICA LAST SUMMER, HIS FATHER — LEGENDARY ALASKAN ADVENTURER ROMAN DIAL — WENT SEARCHING IN CENTRAL AMERICA'S DEADLIEST WILDERNESS. HE'S STILL LOOKING.

BY **DAMON TABOR**



EARLY LAST APRIL, a 27-year-old biology student named Cody Roman Dial set out into the remote jungle of northern Guatemala. Equipped with a crude map and a compass, he planned to traverse the Petén, a lowland rain forest teeming with snakes, illegal gold miners, and cocaine traffickers. His biggest concern, though, was dehydration — save for jeep-track mud puddles, the area lacks ready sources of freshwater. Cody had spent the previous week preparing for the trip, talking to locals and poring over maps. He had bought a machete and commissioned a local tailor to stitch together a tent of his own design. His plan was to spend about 10 days in the Petén, bushwhacking through the jungle to a sprawling Mayan ruin called El Mirador. But, he emailed his parents shortly before beginning the trip, "I expect I'll spend a couple days out there, eat a snake, get scared, and turn around."

A bright, quiet introvert with a sharp wit and passing resemblance to Harry Potter, Cody had taken a hiatus from his graduate studies in environmental science at Alaska Pacific University to boot around Mexico and Central America. Having grown up exploring Alaska's wilderness, he was an experienced outdoorsman and a competent navigator. He was also the son of adventure royalty. His father, 53-year-old Roman Dial, a National Geographic explorer and a legendary figure in Alaska, had pioneered dozens of first ascents in the state's mountain ranges. Dial was considered the father of packrafting, a mode of river travel using inflatable kayak-like boats, and in the 1980s had helped found a grueling backcountry footrace called the Alaska Mountain Wilderness Classic. The race, which usually covers several hundred miles and prohibits outside support, is called the most difficult wilderness challenge in the world — and, more simply, life-threatening. Nearly every year, several participants require helicopter evacuation. In 2004, 17-year-old Cody, with his father as teammate, became the second youngest person ever to cross the finish line.

After a week of gathering supplies, Cody hiked into the Petén. Though he'd often accompanied his father into tropical rain forests as a child, this was his first real trip alone into truly wild jungle. He picked his way through bullhorn acacia and green spiny palm and, as dusk settled, camped beside a jeep track. In the morning, he encountered a wild pig crashing through the brush; not long after, a cougar loped down the trail. After the jeep track ended, Cody began threading thin jungle trails and

soon became lost. For the next two days, he wandered in the wilderness. On the third, he backtracked by following blazes that he'd hacked into tree trunks and, eventually, made his way to a Mayan ruin called Naachtun — where he encountered an archaeologist named Carlos Morales-Aguilar. "I thought he was crazy," Morales-Aguilar says. Navigating by compass, Cody then pushed through to El Mirador. After five days, he limped out of the jungle, filthy, heat-exhausted, elated. Behind him was a trail of gobsmacked Guatemalan park rangers, astonished to see a lone gringo hacking his way through the Petén.

As he had done throughout his journey, Cody soon emailed his father to let him know he was safe. The trip "sounds not only superbadass but kind of foolhardy," Cody wrote. "It wasn't really either of those things, just walking for eight days and asking people where to go." Dial was relieved that Cody was alive. For the past couple of decades, he had raised his son to survive in the wild — navigating the Chugach Mountains south of Anchorage, enduring freezing temperatures on backpacking trips through Alaska's 700 square-mile Harding Ice Field, and once hiking 18 miles in 35 hours through the Alaska Range. Just a few weeks earlier, Cody had gotten disoriented coming down a fog-shrouded volcano at night. "Luckily," he wrote his father, "I've followed Roman Dial around the wilderness all my life, so my instincts led me to the right place."

Dial had encouraged his son to undertake his first, grand, solo adventure, but after Cody initially spoke to him about the Petén trek, he had considered telling him not to go. "It just sounded crazy," Dial says. "He was going to walk for 10 days in the wildest place in Central America. But I didn't send an email. I was like, 'Who am I?' The reason he's doing it is because I want him there. So I said, 'Be careful with your machete and watch out for snakes.'"

Through May and June, Cody ticked off an enviable list of adventures: diving with whale sharks in Honduras, riding a dugout canoe into the remote Mosquito Coast. In Nicaragua, he spent two weeks surfing and began researching a trip through the Darién Gap, a notoriously lawless patch of jungle between Panama and Colombia. Costa Rica was next on Cody's itinerary, and, on June 7, he emailed his father to ask about a trip the two had taken there in 2001, when Cody was 14 and Dial was conducting research on the jungle canopy. "You and I went to Guanacaste and Santa Rosa National Parks," Dial replied. "Also Corcovado National Park."

Over the past two decades, much of Costa Rica has been transformed into a placid ecotourism paradise, but the Osa Peninsula — a genie-slipper-shaped protuberance jutting into the Pacific Ocean — remains wild and remote. Corcovado occupies much of the Osa and contains the only remaining old-growth rain forest in Central America. Its terrain is complex and dynamic: a jungle labyrinth of steep ridges, deep ravines, and gorges that fill with astonishing speed during the rainy season's torrential downpours. Jaguars, crocodiles, and snakes — such as the deadly fer-de-lance — prowl the interior, along with a sizable population of illegal gold miners. Warnings about entering the park alone are abundant. Every year, according to *Lonely Planet*, insufficiently prepared visitors "become injured, sick, or even dead." Corcovado challenges even the experienced. In 2006, Costa Rica's minister of the environment, an accomplished outdoorsman, spent three days lost in his own park after being attacked by a bovine-like animal called a tapir.

On July 3, Cody crossed the border from Nicaragua into Costa Rica. At some point — it remains unclear exactly when — he arrived in Puerto Jiménez, a fishing town on the Osa's east coast. Five days later, he checked into a budget hostel called the Corner. The following morning, he emailed Dial and his mother, Peggy, an outline of his intended route through Corcovado. A few hours later, having settled on a new course, he sent another message: He planned to enter from the park's eastern perimeter near a river called the Rio Rincon. Navigating through the dense jungle, he would pick up another river, the Rio Davíd, then follow that to the Rio Claro, which led to the Osa's photogenic Pacific shore. From there, he merely had to walk to any village along the coast and catch a bus back to Puerto Jiménez.

"I'm planning on doing four days in the jungle. It should be difficult to get lost forever."

On July 10, Cody set out for Corcovado. He carried a backpack containing food, his tent, and a cooking stove. He also had the machete and a compass, along with an imprecise map of the park he'd printed off the internet. His proposed route would skirt a popular tourist trail in favor of an off-limits path used mainly by illegal gold miners. Several months before, MINAE, the ministry that manages Costa Rica's parks, had begun requiring all tourists entering Corcovado to hire a professional guide, a decree intended to limit environmental damage as well as the number of costly rescues every year. It was a rule that Cody planned to flout. Fiercely independent, emboldened by his trip in the Petén, and having been tutored by his father — one of the U.S.'s most skilled backcountry navigators — he almost certainly believed such assistance was unnecessary.

"I am not sure how long it will take me, but I'm planning on doing four days in the jungle and a day to walk out," Cody wrote in his last email. "I'll be bounded by a trail to the west and the coast everywhere else, so it should be difficult to get lost forever."

ON THE DAY Cody entered Corcovado, Dial was on summer break from Alaska Pacific University, where he teaches biology and math, and packrafting with several friends on a river in the Talkeetna Mountains. On July 15, five days after Cody had started his trip, Dial returned to his home in Anchorage and, scrolling through scores of emails, saw Cody's first message from Costa Rica. His son, Dial thought, was still only planning his trip, and so he and Peggy spent the next three days dipnetting for salmon on the Kenai River. Cody's second email, tucked beneath the first, went unnoticed. By the time Roman and Peggy returned from their trip on July 18, Cody had been gone for eight days. He typically checked in every 10 to 12 days, so they were aware, but not yet alarmed, that they hadn't heard from him. Five days later, while driving to Home Depot, according to Dial, Peggy began feeling inexplicably nauseous.

"She said, 'I feel like I'm going to throw up,'" Dial remembers. "We went home, and I finally read that second email underneath and realized, 'Holy shit, he was supposed to be back' " almost 10 days earlier. As with his Petén traverse, Cody would have emailed his parents as soon as he was safely out of Corcovado.

Immediately, on July 22, Dial alerted the American embassy in Costa Rica that his son was missing. Twenty-four hours later, he was on a flight to San José, the capital. The next day, the Costa Rican Red Cross dispatched two search-and-rescue teams: one to an entrance on the park's eastern perimeter and another to Cody's planned exit point at the Rio Claro. Several more teams — aided by park rangers and officers from the national Fuerza Pública police force — began scouring Corcovado over the next few days. The strategy of the searchers, led by veteran Red Cross official Gilbert Dondi, was to begin at the park's perimeter and work their way toward the center. If Cody was still fighting his way out, then, in theory, their paths would intersect.

The search team faced a daunting challenge: Corcovado encompasses an area larger than 120 Central Parks. Its jungle canopy is sufficiently thick to thwart aerial infrared cameras, and since Cody had avoided primary hiking trails, ground teams would have to scour the park's rugged

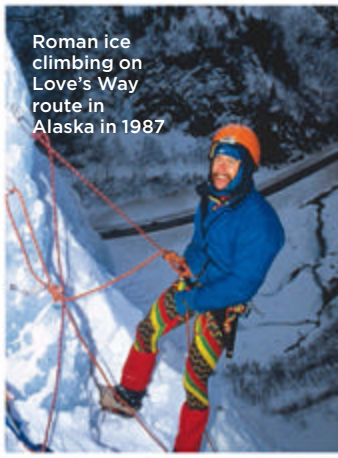
DAMON TABOR *wrote about the black market for ivory in the March 2014 issue.*

PREVIOUS SPREAD: FRANK MARLEY. INSERT: COURTESY OF ROMAN DIAL

DIAL FAMILY ADVENTURES


Roman and Cody in 1987


Cody, 5, Peggy, and Jazz, 2, hiking Alaska's Chilkoot Trail in 1992


Roman ice climbing on Love's Way route in Alaska in 1987


Exploring the entire length of the Grand Canyon in 2008


Paddling the Franklin River in Tasmania in 2011

FROM BOTTOM RIGHT: COURTESY OF ROMAN DIAL(4). JON KRAKAUER/COURTESY ROMAN DIAL

hinterland — a treacherous patchwork of ridges, ravines, and gorges whose topography Dial likened to "taking a piece of paper and wadding it up in your hand." In addition to deadly snakes, a species of wild pig called a white-lipped peccary also inhabits the Osa. Peccaries travel in packs up to 200 strong, and many locals consider them the most dangerous animal in the park. Their presence is said to be preceded by a strong smell of onion.

As the Red Cross' teams continued searching, Dial was conducting his own investigation. A mix of rumor and strange reports about Cody swirled through the Osa. The owner of the Corner, where Cody had checked in on July 7, told authorities that Cody had returned on the 21st, then caught a bus the next morning to Dos Brazos, a small town on the southeastern edge of the park. Residents there reported seeing a gringo backpacker matching Cody's description on July 22. In Puerto Jiménez, there were also dark whispers that a local criminal known as Pata de Loro, or Parrot Foot, was somehow involved in Cody's disappearance. Questioned by police, Parrot Foot, whose real name is José Fallas, claimed Cody had hired him as a guide in mid-July. After hiking into Corcovado from Dos Brazos, Fallas said, he and Cody spent two nights in the jungle and then parted ways in Puerto Jiménez.

Many locals' stories were conflicting — there were reports of Cody in two locations simultaneously — or they appeared to describe someone else entirely. (Parrot Foot, according to several residents in Dos Brazos, was accompanied by a backpacker wearing an earring, which Cody lacked, and smoking marijuana, which, according to friends, Cody avoided.) Based on reports from the hostel owner and other locals, however, the Red Cross developed a new theory: Cody had likely entered and exited the park on at least two occasions. According to Dondi, the search coordinator, he was possibly still hiking another trail — or had left Corcovado altogether. Dial quickly dismissed the idea, as well as the locals' stories. His son would have contacted him if he were out of Corcovado — and he never would have hired a guide.

Then, on July 30, the Red Cross search team in Dos Brazos received what seemed like a credible lead. A gold miner named Jenkins Segura reported encountering someone resembling Dial's son deep inside the park several weeks before. The young man had been eating breakfast by a stream and, Segura said, introduced himself as a biologist from Alaska. He also seemed disoriented. According to the miner, Cody had asked whether they were in the Golfo Dulce forest, a national reserve adjacent to Corcovado.

In some respects, Segura's story was as suspect as the others — he was hazy on the dates and initially also described the backpacker as wearing an earring — but Dial met him the next day in Dos Brazos and found his story believable. "He spoke good English," Dial says. "We quizzed him for a long time." That afternoon, the pair

snuck into Corcovado and hiked for several hours up a river called the Rio Tigre, then walked a trail that led to an old gold-mining camp. Nearby was the spot where Segura claimed to have encountered Cody. To Dial, it seemed like an ideal place for his son to rest: a small clearing, surrounded by ridges, with a stream burbling up from the ground. "There's no water on the ridges," Dial says. "It'd make perfect sense that he stopped at the first place where there's water and made breakfast." But according to Segura, he had never seen a gringo in that area before and was sufficiently concerned to have told Cody that Dos Brazos was only two hours away — he simply had to follow another short trail that led to the Rio Tigre and then walk the river back to town.

Not far from the stream, however, Dial discovered a massive landslide that had recently rumbled down the south wall of a canyon. It had obliterated part of the trail Segura had recommended with a bewildering mass of earth, trees, and tangled vines. Along one stretch, a towering tree — wet, slippery, snake infested — had come to rest some 100 feet over a creek. Searching the area, Dial became increasingly convinced that his son had encountered the landslide and attempted to navigate around it. "The forest is really disorienting. If you get off-trail, it's real easy to get lost," he says. In the process, he believed, Cody could have been bitten by a snake, slipped and fallen into a gully, or "gotten injured and couldn't climb up to where the best trails are, then got caught between some waterfalls."

On August 2, the Red Cross dispatched patrols to search the area where Segura reported seeing Cody, as well as a gold-mining tunnel where they suspected he could have gotten trapped. A helicopter soon flew several aerial searches up and down the Rio Tigre. But two days later, the organization's senior staff convened a meeting with Dial at MINAE headquarters in Puerto Jiménez. Dondi showed him a Google Earth display marking where its teams had searched: a Pollock painting of red pins and blue lines overlaying Corcovado's green expanse. Ten teams had spent 12 days combing the park; they were exhausted and had found no trace of Cody or his equipment. Without new evidence, they told Dial, the search was over.

IN ANCHORAGE, news of Cody's disappearance spread quickly. Well-wishers inundated social media with hopes of a speedy resolution. Organizers of the Alaska Mountain Wilderness Classic, slated to begin on August 3, considered calling off the race but instead donated the $200 entrants' fees — normally pooled for helicopter rescues — into a fund for the family's search effort. Over the years, Dial, a "Lower 48er" in his youth who had fallen hard for Alaska, had staked out a lonely position in the state defending and often lecturing about Chris McCandless, the young, idealistic adventurer whose untimely death is chronicled in Jon Krakauer's best-selling book *Into the Wild*. Many Alaskans, including himself, Dial liked to argue, had undertaken similarly risky adventures as young men — and survived simply by luck. Perhaps inevitably, Cody's vanishing invited comparison to McCandless' — a notion that Dial, believing his son both more competent and less rash than the "dreamy half-cocked greenhorn" Krakauer described, entirely rejected. "The only thing that's similar," Dial told me, "is that it's a young guy on a quest." A former colleague at APU also wrote an op-ed in the *Alaska Dispatch News* to dispel any such comparisons.

"There is no debate this time about competence or experience (both of which Cody Roman has in spades) or even about the young man's good judgment," she wrote. "We didn't know Chris McCandless, but a lot of us know Cody Roman (or 'R2,' as we call him) and his family. I don't care why R2 went into the jungle by himself or whether or not it was a good idea and neither does anyone else. We just want him to come home."

Although Dial was raised in Falls Church, Virginia, a suburb of Washington, D.C., his connection to Alaska was profound. When he was nine, his parents — entering a turbulent period in their marriage — packed him off to spend the summer with three uncles in Usibelli, a rugged coal-mining town on the edge of Denali National Park. Dial was largely left to fend for himself. He acquired a .22 rifle and a dirt bike on which to roam the backcountry. For company, he had a wolf-dog named Moose. "It was life-changing," he says. "I had all this freedom to do what I wanted. After that, I went back to the suburbs, and it was really boring."

Dial returned to Alaska when he was 14 and undertook a series of "really foolish" solo backpacking trips — including one excursion in which he nearly drowned crossing the Resurrection River, near Seward. As a child, Dial was fascinated by turtles and lizards and dreamed of being a scientist. As a young teenager, he began reading John Muir and became enamored of alpine climbing. In 1977, Dial graduated from high school two years early, partly so he could head west. His parents pushed for the Ivy League, but Dial chose the University of Alaska-Fairbanks — largely because the school's catalog featured one of the state's most majestic peaks on its cover.

After his freshman year, Dial moved to a cabin in the woods without running water and, in the winter, skied to class. One day in 1980, a pretty, plainspoken freshman looked out of her dorm window and saw a wild-haired young man climbing the exterior of the student center. "I thought, 'Oh, he looks interesting. I've got to meet this guy,'" Peggy

TRACKING CODY DIAL

For a month, at least two different search parties canvassed gold-miner trails and conducted helicopter flyovers to search for Cody.



ILLUSTRATION BY PETE SUCHESKI

remembers. She soon introduced herself. "I was never into drinking and partying," she says. "When I met him, we went for a walk, and he immediately starts talking about the plants and the grouse that are mating. I thought, 'This guy's cool.'"

Dial by then had become a formidable alpine mountaineer and soon pulled off a string of audacious routes in Alaska's Hayes Range. About a week before he met Peggy, Dial — braving whiteout conditions and persistent avalanches — completed the first ascent of the vertiginous east face of a 10,000-foot peak in the backcountry. Years later, Dial attempted what renowned mountaineer David Roberts described as his "masterpiece." Along with fellow climber Chuck Comstock, Dial set out to ascend the east face of 11,400-foot McGinnis Peak. After several pitches up a 3,000-foot gully of ice, the pair made the summit in four days. As they started to down-climb, Comstock broke through a cornice and plummeted off one side of a ridge. Dial, belaying him, threw himself over the other side as a human counterweight — dropping some 200 feet before the ropes caught him, saving Comstock from a fatal fall. Though he was at the peak of his climbing career, Dial's already notoriously thin margin of error had become intolerably fine. He soon quit alpine mountaineering. "We rappelled down, and I was like, I'm done and I'm getting married," he says.

After he and Peggy married in 1985, Dial dreamed up a 900-mile, four-season traverse of the entire Brooks Range. He skied one section in the early spring, then returned with his new wife to complete another leg in May, but the couple quickly became tent bound. "The snow went rotten, so we got stuck on a mountain," he says. "I found out later that the name of the creek we were above meant 'place to make love many times [in Nunamiut].'" Nine months later, Peggy gave birth to Cody Roman. Dial still completed the traverse, by packraft and kayak, and set a record.

"My first trip to Alaska was in 1974, and you just heard stories about him," says Jon Krakauer, who later became a frequent climbing partner of Dial's. "He set a new standard for ice climbing. Then he got into the wilderness stuff. In a day, he'd see how fast he could ski the length of the Alaska Range. With this whole packrafting thing, he's changed the way people move in the wilderness. He made people rethink what you could do, how far you could travel."

Years later, Dial would successfully complete an 800-mile bicycle traverse of the entire Alaska Range. To save weight, he slept in a floorless tent and ate with bike tools. In 2006, he pulled off a 620-mile-long march through the Arctic to the remotest point in the U.S. carrying only a single bag of food — mostly just to see if he could. Both trips embodied the Dial ethos: grueling, audacious, pushing as far and as fast with as little equipment as possible. According to friends and competitors, Dial is blessed with an almost otherworldly ability to navigate terrain. His endurance is also legendary, as is his risk tolerance. "He cut it as fine as a person could and emerged unscathed," Krakauer says.

Dial is, by many accounts, also brilliant. After earning a double master's degree at APU, he and Peggy moved to Palo Alto, California, so he could pursue a Ph.D. in biology at Stanford. The couple had their second child, Cody's sister, Jazz, and then resettled in Anchorage in 1992. (Following in the family tradition, Jazz would later become a competitive rock climber and a fearless downhill skier.) Dial and his young son soon embarked on their first grand adventure together: a long ramble across Umnak, a barren and mountainous island in the Aleutian archipelago, which extends like a long comma from mainland Alaska. Dial bought a cheap ticket to a neighboring island, then talked his way onto a plane flying a Japanese film crew to Umnak.

"It was 60 miles across the island," Dial says. "He was six, and I didn't make him carry a pack because I didn't want to spoil it for him. Sometimes I would carry him on my back. That's actually where he started calling himself Roman. There's only people on both ends of the island, but nothing in between. There's a family on one end, and when we landed, they go, 'Well, what's your name? What are you doing here with your son?' I said, 'My name's Roman, and I'm going out on a nice walk.' They look at Cody and go, 'Well, what's your name, little guy?' and he said, 'Well, I'm Roman, too.'"

THE SEARCH PARTY



Roman Dial, at far left, at base camp in Corcovado in August

AFTER THE RED CROSS called off its search in Corcovado, Dial began working back channels to get the U.S. military involved in a rescue effort. As days passed, though, his request seemed to vanish in the murky depths of American bureaucracy. On August 11, frustrated and increasingly desperate, Dial visited a psychic who gave him a set of map coordinates in Corcovado. He hired a plane and flew to the location — a ranger station near the Pacific coast that was along Cody's intended route — but found nothing after searching the area on foot. Days later, Alaska senator Lisa Murkowski, who had been shepherding Dial's appeal, told him the Defense Department had concluded it lacked legal authority to mount a search-and-rescue operation in Costa Rica.

Dial immediately began calling friends in Anchorage to put together a covert search-and-rescue mission. "I was tired of waiting for the cavalry to arrive," he says. "He's stuck somewhere, and I've got to get him." In Alaska, Peggy got in touch with Brian Horner — an affable former instructor with the Air Force's notoriously punishing SERE (Survival, Evasion, Resistance, and Escape) school and the owner of an Anchorage-based survival company called Learn to Return (LTR) — who agreed to send an LTR team to Corcovado, free of charge. Hours later, Horner and two employees, a square-jawed former Special Forces soldier named Clint Homestead and Frank Marley, a search-and-rescue expert, met at LTR's hangar-like training facility to assemble gear: climbing rope, rope ascenders, machetes, radios, trauma kits.

Twenty-four hours later, they boarded a plane bound for Costa Rica. Two other Alaskans — Todd Tumolo, a 29-year-old Denali mountain guide, and an aristocratic bird-watcher named Brad Meiklejohn — also flew in to join the effort. Dial, meanwhile, was in San José trying to wrangle permits for the search — though, if the attempt failed, he intended to enter the park illegally. At a pretrip briefing, Horner told his team that if they got into legal trouble,

FRANK MARLEY

the emergency code words were *Warren Zevon*: Send lawyers, guns, and money.

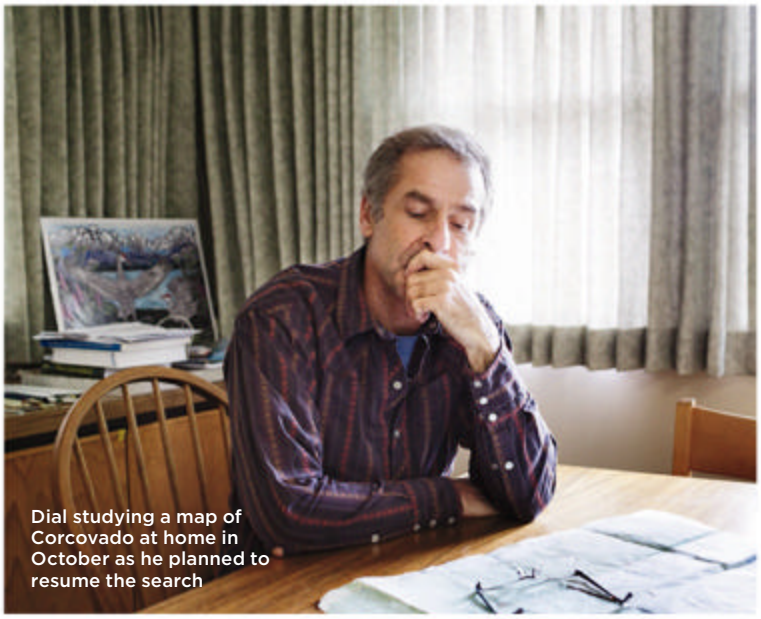
On August 21, Dial and the Alaska group drove to the Rio Tigre. Their plan was to search an approximately one-square-mile area around where Segura reported seeing Cody. Lugging packs loaded with ropes and rappelling gear, they labored upriver in the sweltering jungle heat. Around 12:30 PM, the group reached a fork in the river, walked up the left branch, and then scrambled over the landslide. While setting up camp nearby, they were inundated by a torrential downpour. Over the next four days, the rains would begin every afternoon with near mechanical precision, turning the park's gullies into fast-filling traps and its ridges into mud-slicked high wires.

In the morning, Dial began searching a gully near where he suspected Cody might have gotten trapped. "I just used my intuition about what he would have done if he had run into this landslide," Dial says. He and Tumolo then found a trail that led up to a ridge. They looked for bent branches, machete marks, a burst of color signaling a piece of clothing in the brush — anything to indicate Cody might have passed through.

The LTR team, meanwhile, concentrated on the landslide. Homestead, who would earn the nickname "Chop Chop" for his zeal with the machete, cleared a path through brush trapped in the wall of debris. After combing the area, he, Horner, and Marley hiked down to the fork in the Rio Tigre and then walked back up the right branch — a high-walled canyon filled with water deep enough to reach their chests. Soon the sky darkened. Not wanting to get trapped in a flood, the Alaskans turned back for their camp. Homestead led the team on its return down the river. Then he suddenly stopped. Two figures were coming toward him.

One day before, I had hopped a 12-seat turboprop from San José and landed in Puerto Jiménez. After making contact with Dial, my plan had been to hire a local guide, link up with his team, and then accompany them during the search. Corcovado's topography and thick jungle canopy, however, had prevented my calls from reaching Dial's sat phone. That afternoon, I hastily hired Reyes Morales, a gold miner with a roguish grin and an Errol Flynn mustache who knew Corcovado as well as perhaps anyone in the Osa. He was also a skilled tracker. Morales would, I hoped, pick up a sign from one of Dial's teams, then take me to their base camp. At the last minute, Dial had managed to secure legal permits for his search. At MINAE headquarters in Puerto Jiménez, however, an officious park ranger with gelled hair had informed me that I would not receive similar permission.

Early the next morning, Morales and I waded into the Rio Tigre and began hiking upriver. Steep canyon walls rose high above, trees clinging to their sides at oblique angles. Morales walked fast, hopping over rocks and clambering up the river's steep banks to catch shortcuts through the forest. I moved cautiously, wary of a shattered ankle and snakes. The river soon grew deeper, the terrain rockier. All around, Corcovado pressed in — dense, choking, stiflingly hot. Navigating its immensity with a compass and a rudimentary map seemed a heroic undertaking.



Dial studying a map of Corcovado at home in October as he planned to resume the search

Three hours later, Morales stopped at a fork in the river. "*Roman aquí*," he said, pointing at boot prints leading up the right branch. Twenty minutes later, he stopped again. Several hundred yards away, Homestead was walking downstream — along with a park ranger and a police officer, part of a government contingent accompanying Dial's search. Alarmed by a strange gringo and an unknown local in an off-limits part of the park, the officer drew his pistol. "Where is your permission to be here?" the park ranger, a short man in a dirty green T-shirt, asked me. Dial's team had just encountered a group of poachers, Horner explained, and the Costa Ricans were jumpy. He then clicked on a GoPro camera.

"In case you disappear," Horner said.

After a protracted discussion, the park ranger ordered Morales and me to leave Corcovado. As we slogged back down the river, the police officer stayed close behind me, while the park ranger trailed Morales. Two hours later, at a ranger station in Dos Brazos, I was told to wait. The official with gelled hair from Puerto Jiménez soon arrived. Looking displeased, he waved me over to the back of his pickup. "If you go in again, then I will have you arrested," he said. The Costa Ricans, it seemed, were unenthusiastic about the possibility of another gringo going missing in Corcovado.

RAISING CODY, Dial envisioned a fellow comrade in adventure and forged him in what might be described as the Alaska mold: independent, intrepid, self-sufficient. "I always wanted him to be a companion," Dial says. "My dad left home when I was nine or 10, and I don't feel like he ever shared anything with me except mathematics." According to Krakauer and other friends, Dial could be brash and even combative — he once punched a climbing partner in the gut — but, unlike many type A parents, Dial says he avoided pressuring his son. "I went on a trip with him every year pretty much since he was three," he told me. "I'd say, 'What do you think? Do you want to do this?' I didn't push him into it."

After Dial started teaching at APU, his research soon took him to far-flung jungles around the world, with Cody as his frequent companion. In 1998, Dial traveled with a class from APU to Corcovado. Father and son, along with Dial's students, spent nearly a week hiking the main tourist trail from Los Patos — the same area where Cody likely entered in July — to La Sirena, then walking north along the coast. At night, Dial gave lectures about tropical ecology. "He was fascinated," Dial recalled of his son. "He would sit up close and take better notes than anyone else." Over the next several years, Dial and Cody traveled to jungles together around the world: Corcovado again in 2001, Borneo, and Bhutan.

By virtually all accounts, Cody was more risk-averse than his father. "A deliberate, thoughtful kid," Dial says. "Not bold — more like his mom that way." But Cody also embraced some of the same challenges that captivated his father. When he was 17, he and Dial competed in the Alaska Mountain Wilderness Classic as a team. That year's race called for a sprint from Eureka to Talkeetna — a distance of about 150 miles and one of the Classic's most technically challenging routes. They rode mountain bikes through tundra hills, lugged them over a

photograph by **PETER BOHLER**

high pass, then lashed the bikes to packrafts and paddled miles of whitewater on the Talkeetna River. They came in sixth, but beat the previous year's winning time. "I felt like a bad parent, teaching my kid about sleep deprivation," Dial says. "But he knew he could go without sleep. He knew he could get cold and wet. We trained a lot for the trip. I was very proud of him."

After attending William & Mary, in Virginia, Cody returned to Anchorage and enrolled in APU's environmental sciences master's program. In 2012, he met Katelyn Barnett, a junior with a mordant sense of humor and an irresistible laugh. She and Cody were soon spending weekends backpacking or skiing to her cabin in Talkeetna. "He liked being cold and wet and miserable — I can only assume because he grew up doing it with his dad," she says. But, Barnett believed, Cody was also not immune to the pressure of being the son of one of Alaska's most famed outdoorsmen. "It's hard to live in the shadow of Dial," she told me. "Little Roman's not his dad, but he wants to be his dad."

As Cody worked on his master's thesis — a study of a small, omnivorous ocean crustacean — he began to encounter problems with some of his data. He had planned to have his paper finished by the spring of 2013, but months passed and, as the project lagged, he grew frustrated. By later that summer, it had stalled completely. "He was trying to finish in August, and he didn't," Barnett says. "And then he was like, 'Fuck this, I'm going to go travel for a year.'"

After spending a few months bumming around the Lower 48, Cody took a flight on New Year's Eve from Washington, D.C., to Mexico City. By chance, his father was also flying in with several friends for a packrafting trip. Cody hopped a bus to Veracruz, and he and Dial spent 10 days paddling miles of whitewater on the state's famously turbulent and dangerous Alseseca River.

"It has all these waterfalls — we counted like 15 or 20 in two miles," Dial says. "You have to use special techniques to go off." According to his father, Cody had mostly stopped paddling after injuring his back in 2008 and was out of practice. "He swam a bunch — no one else was swimming that much — but he'd get back in his boat. We walked around the Class V waterfalls, but other sections were solid Class IV. On the last day, we ran it again and he ran every waterfall without swimming at all. It was beautiful — the sun was shining straight down and the mist was capturing these rays of light. I went first, and I'd be looking back, watching to see how he was doing, and he was just styling all the moves, doing perfect." It was the last time Dial would see his son.

BY THE EVENING OF his third day in Corcovado, Dial was growing dispirited. Cody had now been missing for 45 days. It was possible, though increasingly unlikely, that Cody was still alive. Dial had been in Costa Rica for a month, much of that time spent in the jungle. He was gaunt and worn down, older-looking. He also feared for the safety of his fellow searchers. Earlier, Horner had slid down the side of a ridge, crashing through trees before a vine arrested his fall. There had been several close calls with snakes — including an eyelash viper Tumolo chopped in half with his machete. That night, a 130-foot tree, waterlogged from the daily rains, toppled over and nearly crushed the LTR team while they slept.

Despite the dangers, Dial wanted to check one last location: a patch of jungle by the fork in the Rio Tigre where he had seen vultures circling. In the morning, he, Tumolo, and Meiklejohn hiked down to the area. After hours of bushwhacking through thick brush and humping over corrugated terrain, they still had found nothing. "We were walking up and down these hills and cutting our way through vines and finding nothing. Finding nothing at all," Dial told me.

At the same time, the LTR team explored a ridge above the landslide. Homestead took point, moving slowly to watch for snakes. The ridgeline gradually narrowed to a foot-wide path, dropped downhill, and delivered them to a cliff. After rigging ropes to a tree, the three men rappelled off the top as the afternoon downpour began. Fifty feet down, they found themselves in a flooding canyon. They charged downstream, then scurried over the side of a 12-foot waterfall. "The water was roaring," according to Horner, "and we're doing that, 'OK, don't panic, come on.'" Six more waterfalls lay ahead. Using each other as human ladders, they scrambled down one after the next as the canyon filled.

"I don't know if he's alive or dead, but I'm convinced that my son didn't disappear in the jungle."

The next morning, having found no evidence of Cody — and by decree of the Costa Rican government, which had limited Dial's search to five days — the two teams broke camp and hiked back out to Dos Brazos.

"I kept thinking I was going to find him," Dial told me the next day. "But we really searched the place. I'm convinced he isn't there — at this point, all of us are. There's not that many probable places that a person can go, but there's an infinite number of improbable places. And you just can't search the improbable ones."

A logician by temperament, Dial had spent long hours turning over the possibilities in his mind. It was possible that Cody — propelled by stubbornness or perhaps still disoriented — had continued searching for his original, intended route. Following his compass and fighting through the dense jungle, any number of potentially lethal dangers awaited: snakes, peccaries, treacherously slick ravines. Dial vigorously rejected this notion, however, and, after days searching the park, had become increasingly convinced his son had followed the Rio Tigre toward Dos Brazos. The route is arduous, but not lethal. It is also well traveled. That Cody had not been found along the river, Dial suspected, indicated his son could have been murdered before he made it out of the park.

"I don't feel like he's in the jungle hurt or dead of natural causes," Dial told me. "That leaves the other two possibilities: He decided to disappear, go have his own life. That would be really out of character for him, but I don't leave it out of the realm of possibility. The third thing is he was murdered. That's what I'm left with."

Such a theory is not far-fetched. Over the past decade, at least a dozen expats and tourists have either mysteriously vanished or been murdered in Costa Rica, with nearly half of the confirmed killings taking place in the Osa. In an eerily similar case to Cody's, a 28-year-old graduate student from Chicago named David Gimelfarb disappeared in another national park in mainland Costa Rica in 2009. His parents, at one point, suspected Gimelfarb was the victim of foul play. It is entirely plausible that Cody Roman Dial met some similarly grim fate. It is also true, though, that for a parent confronting the death of a child, a son who may have died engaged in a pursuit passed down to him by his father, the prospect of outside agency offered some glimmer of relief. "I don't know if he's alive or dead, but I'm convinced that my son didn't disappear in the jungle," Dial told me. "That feels good to me that he didn't. I'd rather he not disappear that way because then it's like all of this training all of his life — and he did something wrong."

A few hours before, we had driven to meet another local who reported seeing someone resembling Cody. But the lead hadn't panned out, and Dial, who had appeared invigorated by the familiar comfort of forward momentum, now seemed drained. He stared out the truck window as we crossed a rickety bridge over the Rio Rincon. In a few hours, Peggy and Cody's sister, Jazz, would be flying in from Anchorage so the family could regroup. "There's nothing worse than losing your kid," he said after a while. "It's like losing a part of yourself — like being alive and dying at the same time."

LATE LAST SEPTEMBER, I sat with Dial and Peggy in their kitchen in the quiet suburbs of Anchorage. The *(continued on page 86)*

GET FITTER FASTER

Spending less time in the gym isn't just convenient — it's key to seeing the results you want.

by **DANIEL DUANE**

THE ULTIMATE WORKOUT is the one you actually do. It's the routine that is so simple, fast, and efficient that excuses to skip it never occur to you. Such workouts do exist — thanks to what we like to think of as gym minimalism, an approach to fitness that strips away unnecessary, body-fatiguing work and taps old-school exercises and research-proven set-and-rep schemes to get the fastest results.

We went to the masters of minimalist training and leading exercise researchers to design the three routines here. Each can be done in 40 minutes or less, and each was created for a specific goal: speed, strength, or weight loss.

Gym minimalism takes getting used to. You'll have to forget what you think you need and trust quality over quantity. Your workout will consist of only a few exercises. But they'll be multifunctional movements that train major muscle groups, particularly your core — think squats, dead lifts, kettle-bell swings, rowing. Because the routines are powerful and quick, executing them with perfect form is essential for effectiveness and safety. Do so and we guarantee they will change your body more than an hour's worth of superfluous isolation moves, such as bicep curls and crunches, or mind-numbing cardio.

For maximum improvement, choose one routine and go all-in. This way you spend fewer hours training, see quicker gains, and realize that less isn't just more — it's way more.

photographs by **JUSTIN STEELE**



GET FAST

TO INCREASE SPEED, you need to boost your body's ability to process oxygen in a hurry. Triathlon coach Jim Rutberg knows how to maximize that system with minimal training. "If you've got a hectic schedule and your favorite weekend sports involve breathing hard, sneak in high-intensity intervals midweek," he says. Rutberg's silver-bullet workout includes 2 distinct interval types: First, lung-busting bouts dubbed "VO_2 max intervals" because they increase the volume of oxygen your body can process. (Now you'll recover faster during sprint intervals.) Next, a pair of 6-minute efforts to up the time it takes for lactate to flood muscles. (This helps you sprint harder, longer.) Last, you'll do a total-body exercise to keep muscles strong and prevent injury.



HOW TO DO IT For every stroke on the rower, think, "Legs, core, arms." Push powerfully into heels to begin the motion, engage core as you pull, then finish with handle at chest, leaning slightly back.

WARMUP



STEP BACKS
Prepare glutes to sprint with this move from physical therapist David Reavy. Curtsy left leg behind you: reach hands toward left foot. Repeat on right leg for 1 rep. Do 10 reps.



INNER-THIGH SQUAT
"You'll move faster if your body is in proper alignment," says Reavy. This move activates your leg muscles to help stop knees from tracking in or out. Stand with feet wider than hip width apart and toes turned out, and squat low; hold for 3 counts. Do 10 reps.

THEWORKOUT

Once you've warmed up, choose any form of cardio — rowing, cycling, running, even swimming — to knock out this 30-minute high-intensity interval routine.

MINUTES	WHAT TO DO
0–5	**WARM UP:** Start slowly and increase speed slightly at minutes 4 and 5.
5–10	**VO_2 MAX INTERVALS:** Alternate pushing all out for 1 minute, then backing off to an easy speed for 1 minute; do 5 rounds total.
10–15	**RECOVER:** Slow to an easy pace for 5 minutes.
15–30	**THRESHOLD INTERVALS:** Go at the hardest pace you can sustain for 6 minutes; recover at an easy pace for 3 minutes; go hard again another 6 minutes.
30–32	**FINISH WITH "MANMAKERS":** Perform a push-up while gripping 10-pound dumbbells. Hold the top of the push-up position and row right-hand weight to just outside right rib cage. Perform another push-up, then repeat row with left-hand weight. Hop feet in, pick up weights, squat, then stand to push weights overhead for 1 rep. Repeat, doing as many reps as you can for 30 seconds. Take a 30-second rest. Repeat sequence again.

THEPLAN

YOUR SCHEDULE
Do the routine 2 or 3 times a week, and never on back-to-back days. If you lift to cross-train, give yourself a buffer day between the weights and speed work so your legs are fresh.

HOW HARD TO PUSH
Your VO_2 max intervals should feel as if you're at 95 percent of what you can do. (Push to 100 percent and you won't make it through all 5 rounds.) For threshold intervals, dial back to 80 percent of max effort.

GET EVEN FASTER
This workout should never feel easy. If it starts to, give yourself less recovery time for your intervals. Cut it down to 45 seconds of rest during the first set, and just 2½ minutes for the second set.

ILLUSTRATIONS BY JASON LEE; STYLING BY ANGELA KELLEY FOR HALLEY RESOURCES; GROOMING BY SYLVESTER CASTELLANO FOR BERNSTEIN AND ANDRULLI; PROP STYLING BY CHRIS STONE FOR HALLEY RESOURCES. ROWER PROVIDED BY WATERROWER.COM

THE EXPERTS
To create these routines, we went to the top strength and conditioning trainers in the country.



DAVID REAVY
Owner of React Physical Therapy in Chicago and physical therapist to top NBA, NFL, and MLB athletes.

GET STRONG

RESEARCH SHOWS THAT men over the age of 35 lose 5 percent of muscle mass every 10 years. Hence the need to lift. Preserving and creating muscle isn't just about looking good shirtless (though you will); it's key to better performance, health, and staying injury-free. You need only 3 moves to do it, says strength coach and Special Operations veteran Beau Bryant. His plan — a minimalist version of Mark Rippetoe's classic *Starting Strength* — includes the titans of multifunctional exercises: dead lifts for back and legs, and bench presses and weighted chin-ups for upper body, in a 5-by-5 set-and-rep scheme proven to build muscle fastest. The approach takes 40 minutes and hits a sweet spot for developing strength and mass, says Stuart Phillips, a muscle researcher at McMaster University. "You can't get more spending twice as long in the gym," he adds.

WARMUP



FOUR-WAY LUNGE
"This primes the legs and abs," says Reavy. With arms in a W, lunge and hinge forward from hips (above); straighten. Touch rear knee to floor; rise. Dip elbows side to side; twist side to side. Repeat on other leg. Do 10 reps.



WEIGHTED REACH
You'll warm your lats, shoulders, and core with this one move, says Reavy. Lie face up, holding a weighted ball over chest. Crunch up (above), then bring ball behind head as you lower to floor. Do 10 reps.

BENCHPRESS



THE SETUP Lie down on bench, plant feet, push knees out, and squeeze together shoulder blades to create an arch in midback. This gives you more power to push. Grab bar so that it cuts diagonally across palms, with hands slightly wider than shoulder width apart.

HOW TO DO IT With barbell raised over chest, take a deep breath and lower bar to touch chest, elbows pointed out at a 30-degree angle. Exhale as you push shoulders into bench and push bar straight up.

THEWORKOUT

- Perform this circuit 5 times: 5 dead lifts, 5 bench presses, 5 chin-ups.
- For your first reps of dead lifts and bench presses, use a weight that feels light. In the second set, go up to a weight that feels challenging. Sets 3, 4, and 5 are your "work sets" and should be done at a weight that feels as if you can just make it through the 5 reps.
- Do the first and second sets of chin-ups with your body weight only; use a weight for the remaining sets.



BEAU BRYANT
Owner of Westminster Strength and Conditioning and former strength-training coach to Special Operations forces.



ERIC FROHARDT
CEO of StrongFirst, a barbell- and kettlebell-coaching company that specializes in minimalist workouts.



JIM RUTBERG
Triathlon trainer, coach at Carmichael Training Systems, and co-author of *The Time-Crunched Triathlete*.

DEAD**LIFT**

THE SETUP Stand upright, heels 10 inches apart, toes out, barbell 1 inch in front of shins. Hinge at waist to grab bar (don't squat) and allow knees to bend slightly so shins just touch bar without moving it. Grab bar on either side of legs, push butt up high, and flatten back.



HOW TO DO IT Tense back, butt, and hamstrings, and pull bar up — back flat the entire time — making contact with shins, knees, and thighs, and drive hips forward until they're locked and you're upright. Reverse slowly to set bar down.

WEIGHTED**CHIN-UP**

THE SETUP Secure weight on a belt between legs (or squeeze a weight plate between feet).
HOW TO DO IT Grip bar just wider than shoulder width, palms facing you. Start from full hang and pull up until collarbone is even with bar.



THE**PLAN**

YOUR SCHEDULE
Do the routine twice a week with 2 off-days between workouts (e.g., Monday and Thursday). Cross-training with cardio on off-days is fine, but don't do additional strength work — that will needlessly fatigue you and derail progress.

HOW HEAVY TO GO
Work sets should feel like work. For a general idea of what weight to start with, try 50 to 80 percent of body weight for bench presses, 80 to 100 percent for dead lifts, and 5 to 10 pounds for chin-ups.

GET EVEN STRONGER
Make work sets heavier every session. Each workout, aim to go up 5 pounds for the bench, 10 for the dead lift, and 1 or 2 pounds for chin-ups. This may seem like a lot, but these are the steady strength gains this program produces.

A NOTE ON CHIN-UPS
Not ready to add weight? Try this strength-building pyramid: Do 1 chin-up; shake out your arms. Do 2, then shake out. Repeat for 3, 4, and upward, until you can do 10 reps unbroken. Then try sets with a weight.

ERIC FROHARDT: JOE AMON/THE DENVER POST/GETTY IMAGES

GET LEAN

THE FASTEST WAY to drop weight and build lean mass is an intense combo of weights and cardio, according to a 2013 study by strength-training researcher Steven Devor, a professor of kinesiology at Ohio State University. Devor's research found that short, ferocious circuits of strength and power exercises, performed without rest, delivered dramatic improvements in both VO_2 max and fat-to-muscle ratio. The kettlebell swing in particular, Devor says, is a near-perfect way to build explosive athletic power while revving your metabolism to churn through more calories even after you've finished working out.

Instructor Eric Frohardt, who creates stripped-down total-body routines for military and law enforcement units, says he keeps a kettlebell in his car for precisely this reason. "There's no easier, quicker way to stay in shape for deployments, mountaineering trips, hunting, and other adventures," he says. Frohardt designed this relentless 20-minute circuit of swings, carries, and squats to jack heart rate and target your largest fat-burning muscles — legs, glutes, chest, and back.

WARMUP



ONE-LEG R.D.L. WITH TWIST
This modified Romanian dead lift will fire up your hamstrings and core, says Reavy. Standing on right foot with arms in a W, hinge forward, lifting left leg straight behind you; rotate torso slowly to left with abs engaged (above). Repeat on opposite side for 1 rep. Do 10 reps.

KETTLEBELL SWING



HOW TO DO IT
Hold bell in front of you with knees slightly bent. Hinge forward with a flat back, and send bell backward between legs (you should feel hamstrings engage), then thrust hips forward to propel bell to eye level. Keep weight in heels throughout reps.

THE WORKOUT

- With a 16-kilogram kettlebell, perform 2 kettlebell swings.
- Carry the bell 10 yards; perform 10 goblet squats.
- Carry bell back to start; do 4 swings.
- Carry bell back to your squat station; do 9 goblet squats.
- Continue, adding 2 swings each time and subtracting one squat, until you hit a final set of 20 swings and 1 goblet squat.
- Move continuously — no breaks.

FARMER'S**CARRY**

HOW TO DO IT Walk slowly and deliberately with head up and shoulders back. Engage abs to help keep shoulders level, so bell isn't dragging body to one side. Switch sides with each carry.

GOBLET**SQUAT**

HOW TO DO IT Hold bell close to chest, elbows tucked in. Squat as low as you can while keeping chest up, back flat, and feet planted. Push through heels to stand.



THE**PLAN**

YOUR SCHEDULE

Do the circuit twice a week, never on back-to-back days, so your muscles have time to recover. If you play high-intensity sports such as basketball or tennis, begin with 1 bout a week, and work up to 2 as you get fitter.

HOW HARD TO PUSH

In your first week of workouts, move at a steady, methodical pace to dial in form and build up your cardiovascular endurance. In the weeks following, use a stopwatch and focus on shaving seconds off your total time.

GET EVEN LEANER

When you can't complete the workout any faster, it's time to use a heavier kettlebell — but still execute perfect form. Drive hips forward for the swing, stay level in the carry, and don't allow shoulders to slump during the squat.

A NOTE ON KETTLEBELLS

These weights get you leaner faster than dumbbells because they're so unwieldly; using them requires more muscles to fire to keep you stable. That also means if you're new to bells, you should start with a 12kg weight, then work up.



LOST IN THE JUNGLE *continued from page 79*

couple's one-story house is messy and comfortable, with a coil of climbing rope hanging from a birch in the front yard. From the kitchen window, the Chugach Mountains are visible in the distance. It had been nearly a month since Dial returned from Costa Rica — and nearly three months since Cody disappeared — and he and his wife were trapped in a kind of agonizing holding pattern, tethered to the jungle thousands of miles away. They had hired a private investigator to dig for new information. He had tracked down Pata de Loro, who admitted to having guided a different backpacker, according to Peggy, but found little else. A few weeks before, Dial also announced that they would return to Corcovado in late December — to continue the search.

Dial had now largely given up hope that Cody had been abducted or disappeared to start a new life. Kidnappers would have contacted the family with a ransom demand; the latter notion, he felt, was wishful thinking. Instead, Dial had come to increasingly believe his son was the victim of foul play. Once he and Peggy returned to the Osa, he said, "we're going to look around and go places we didn't go before. We have some crazy ideas — meet with Catholic priests holding mass and see if anyone knows anything. I hope something comes from it." Peggy planned to meet Segura, whom she found suspicious, and go door-to-door in Dos Brazos and other towns. "Somebody knows something," she told me.

A few hours before, Katelyn Barnett had dropped off a plastic bag filled with some of Cody's belongings. Peggy, an energetic and purposeful woman, had placed the bag in another room and then resumed cooking a plate of hamburgers. Now, sitting at the table, she rested her head in her hands. "It's like you just want an answer — a good one," she said. "I don't know. There's too many possibilities, and they keep running through your head. I don't sleep, because all I dream about is finding him. I'm in the jungle looking. I'm always searching for him."

The most devastating aspect of Cody's disappearance was, perhaps, the lack of conclusive evidence. A body, though terrible to behold, might provide some measure of closure. Haunted by the unknown, the parents of David Gimelfarb had been returning to the country every year to search for their son. Before I left Costa Rica, Brian Horner had pulled me aside to talk for a few minutes. In 2008, he said, his 19-year-old daughter had died of an aberrant heart attack — an experience that had compelled him to join the search in Corcovado, but a fact he had not divulged to Dial until that night. "I told him, 'I want you to realize this is going to hurt you. It's going to hurt really bad.'" Horner paused. "All the things he's done," he said, "he's never had to confront losing."

The death of a child is a violent unraveling of the natural order. The experience is irreparable, utterly shattering, and without reference point in human experience. Books on the subject sometimes compare the trauma to an arduous pilgrimage or a mountain which, in time, can be summited. But the pain can neither be navigated nor overcome with indomitable will. There is no route through such grief. That Cody had come from a family that deeply embraced adventure — as well as its risks — would bring its own tormenting questions. Dial had cheated death on many occasions and survived; his son, very likely, had not.

"A lot of parents would be appalled to think of letting their kids take those kinds of chances," Krakauer told me. "But I got it with Roman — his kids were the same way he was. The whole family had this philosophy that is really admirable. To live an overly cautious life in many ways is as dangerous as its opposite. What I worry most is there'll be this guilt they feel or criticism, 'R2's death was your fault.' I don't buy that. It was a terrible thing, but I applaud Roman for the way he's raised his kids, the way he's lived his life. I hope people see him as a role model and not a cautionary tale."

A few days later, I met Dial at his house once more. He answered the door unshaven and bleary-eyed. The night before, he said, he'd begun reading *The Cloud Garden,* a book written by two Brits who'd been kidnapped by guerrillas while attempting to cross the Darién Gap in Panama. We sat down in the kitchen. "I think, 'I may not see him again,'" Dial said. "I get upset a couple times a day. I miss him."

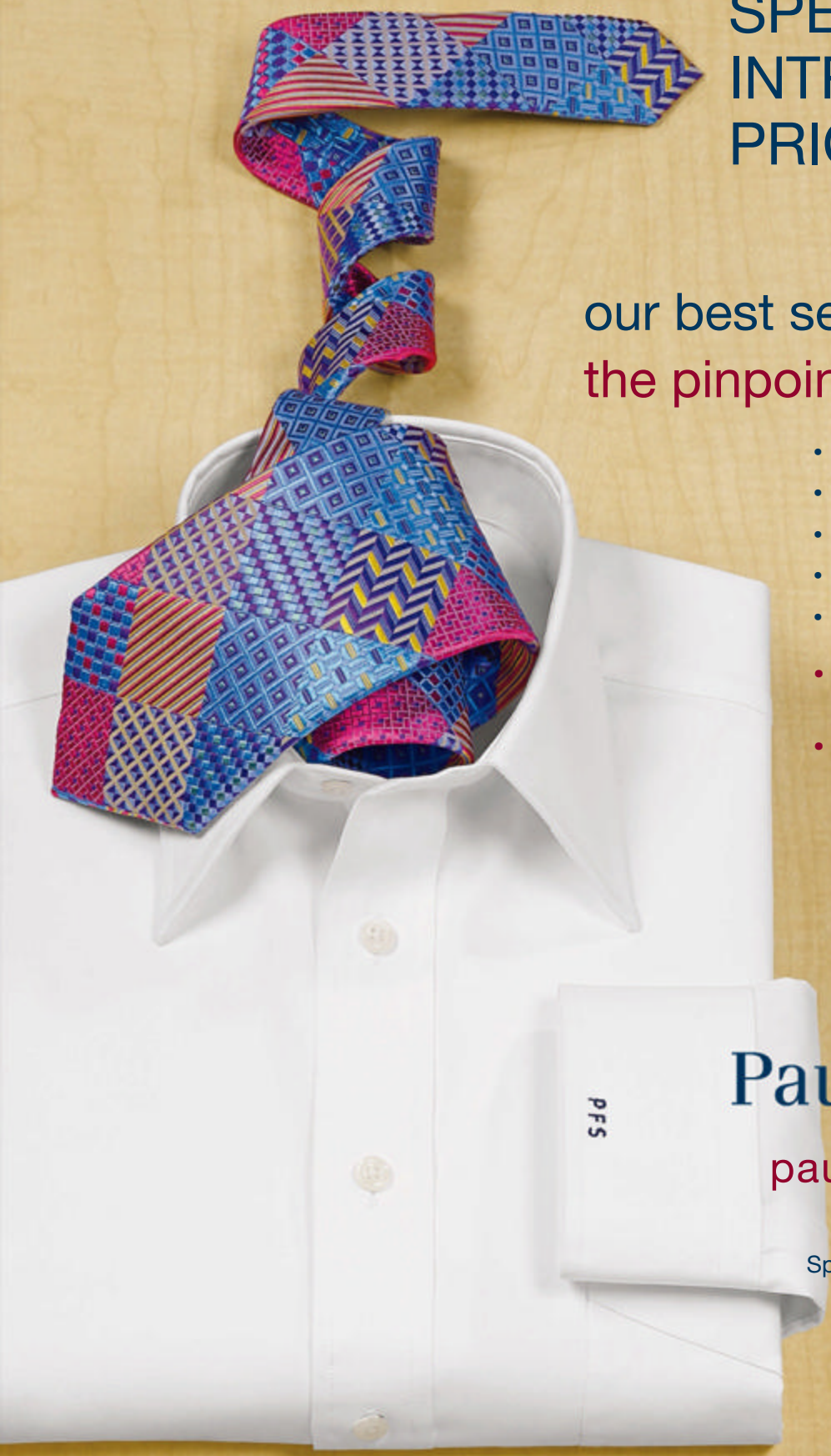
Dial had set up his computer on the kitchen table. He played a video of his 2012 trip through Bhutan, Cody flickering in and out of the frame as they drove along the small mountain kingdom's roads. Opening another folder, Dial played a slide show he'd made of his search in Corcovado: the small creek in the clearing, the landslide, the bamboo forest. After several minutes, I asked him about something that had puzzled me since I left Costa Rica: Corcovado was crisscrossed by a dizzying labyrinth of hundreds, probably thousands, of small trails. How was he sure Cody hadn't taken one of them, hoping to push through the jungle, as he had in the Petén, but then become lost or hurt attempting to reach the coast? The question upset him, perhaps because he resented its implication of error, or simply because he had tolerated prying for long enough.

"My son wouldn't go on those little trails," Dial said, leaning forward and thumping the table. "I've spent 25 years walking trails with him. He wouldn't blindly fuck off — that's what Chris McCandless would do. That's what you would do. That's what someone who has no experience would do. If you have experience, you backtrack and get back on a good trail. How do I know? Because he's my son."

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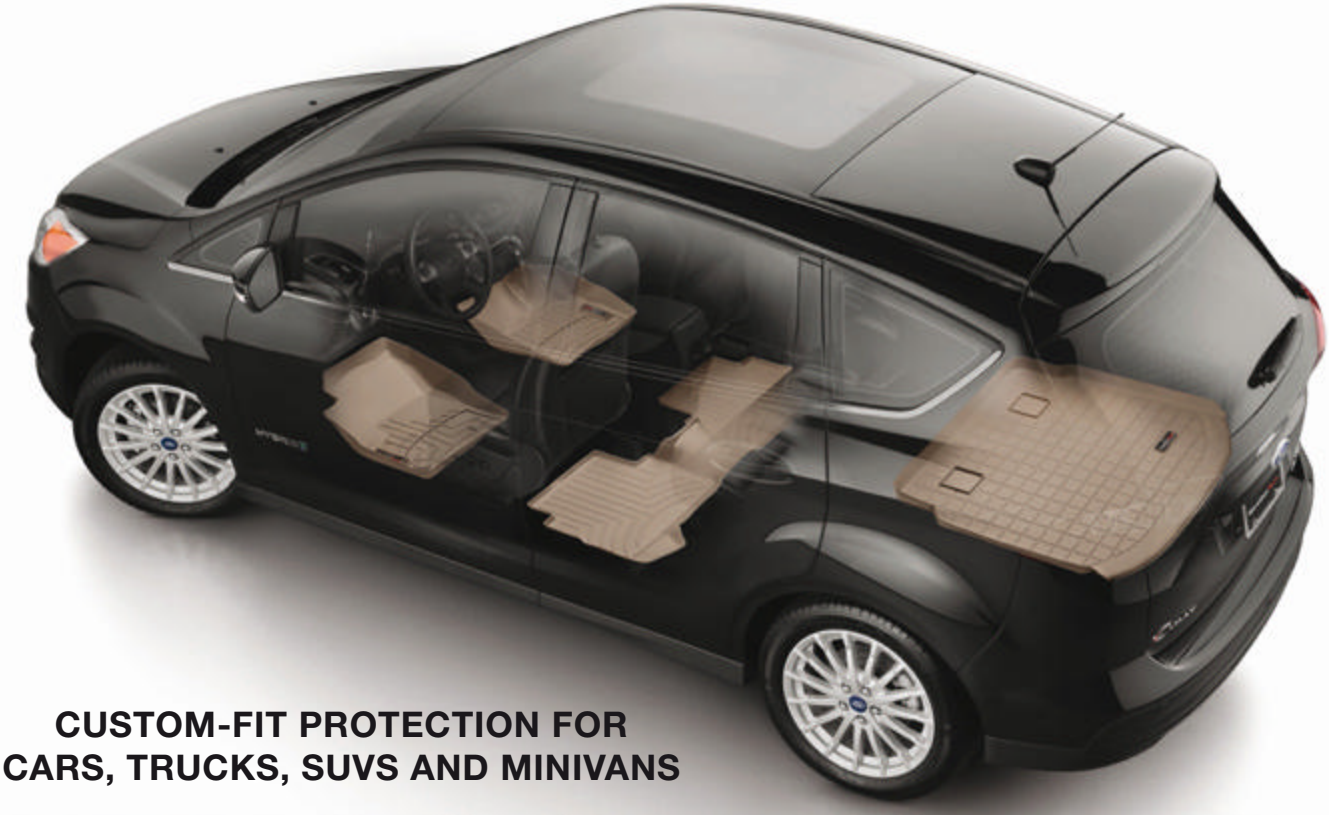
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What advice would you give the younger you?
I'd probably say just calm down. Don't worry so much, the way you tend to in your twenties. When young actors ask for advice, I tell them to treat it like a business. You lower the awning of the fruit stand at the beginning of the day and you do the best that you can, and at the end of the day you reel it back up and go to dinner. Somehow if you understand it's a long-term business, it eases you into not beating yourself up. That's a tendency of a lot of younger people — they're pretty hard on themselves.

What drove you as a young man?
I wanted to be successful. I was kind of a top feeder in the sense that even when I was in school I was drawn to the smartest people in class. I wanted to be more like them. What were they doing to be that smart? Later, when I'd work with people who were impressive, I'd think, "Gee, that guy's my new role model."

What's your philosophy of life?
Have as many laughs as you can. Surround yourself with people who are going to inspire you with their positive outlooks, and try to cut out the deadbeats. Just cut them away.

Is comedy as hard as everybody says?
I don't think it's as hard as being a Chilean coal miner, but it's exact. It's like making a very complicated recipe. You somehow have to make it absurd but real and not too dry. And of course the end result is subjective. Some people like what you do and some people don't, and you have to please yourself. It's complicated and hard to get it right.

You lost a brother and your parents at a young age. Later, your wife of 30 years died. How does a man handle loss?
You have to respect the fact that no solution is realized in a day. I remember the first Thanksgiving after my wife died: I'm with my three kids and we're at the table and trying to do the same Thanksgiving thing, and we kind of look at each other and I said, "OK, let's say what it is. Thanksgiving this year isn't going to be what it was, but it will be, eventually." The mark of the man is to figure out how to regain strength and move on the way the person you lost would want you to.

What should every man know about money?
It's there to be spent. I like picking up checks and things. I know from any woman I've ever talked to that there's nothing less sexy than a cheap man.

How should a man handle getting older?
I think you just accept it. I've always felt that with men you can't do cosmetic surgery because nobody says, "Who's that 34-year-old dude?" They say, "Who's that 64-year-old who's been in a fire?"

What role does religion play in your life now?
No role. I'm not a big fan of organized religion. It's caused a lot of despair and prejudice throughout the world. Some people in aspects of organized religion do wonderful work, but overall I'm not a fan. Even at 13 I used to think, "Wait a second, I'm Catholic, so I talk to the priest, the priest talks to God, God tells him to forgive me, then the priest tells me. How do you avoid the middleman in this?"

How should a man handle regret?
I think you try to avoid it. Most people are doing the best they can. What I loved about the Catholic church — what I've always loved about the Catholic church — is the word *forgiveness* and the idea that you can be sincerely sorry and take communion and feel, "OK, right this second is the first second of the rest of my life." I like that. You can learn from your history, but that doesn't necessarily mean the word *regret*.

What do you want your legacy to be?
My father used to say, "You know, Marty, the key to life is to do the decent thing." I'd like to be remembered as someone who tried to do the decent thing. Mainly that comes down to how you treat people. If you take out your frustration on people, that's not doing the decent thing. If you treat someone differently because they're worth more money — that's not doing the decent thing.

—INTERVIEW BY SEAN WOODS

Martin Short's latest movie is *Inherent Vice,* and he appears on Fox's *Mulaney.* His memoir, *I Must Say: My Life as a Humble Comedy Legend,* is out now.

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